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MANITOBA MOURNS



Hundreds showed up at the Manitoba Legislative Building to honour 49 people killed by a gunman inside Pulse Nightclub in Orlando, Fla., early Sunday morning. The vigil was organized by Pride Winnipeg. Names and ages of the dead were laid on the steps of the legislature Monday night. PHOTOS: DAVID LIPNOWSKI/FOR METRO



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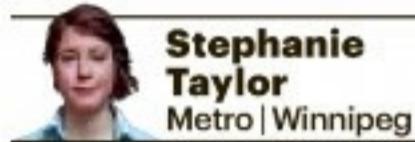
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Gilding Lily Street to cost \$5.4M

BEAUTIFICATION

Councillors OK financing Exchange District renos



Councillors have OK'd a plan to finance renovations in the Exchange District.

Monday, city staff outlined a \$5.4-million plan to repair infrastructure and beautify Lily Street from Market Avenue to Galt Street, and John Hirsch Place, from Rorie Street to Bertha Avenue.

The cost of renovations would be shared between the city departments of water and waste, and planning, property and development, as well as the Exchange Waterfront Neighbourhood Development program, which is administered by CentreVenture.

That program is co-funded by the city and province to bolster residential density downtown by giving rebates to condo buyers and funding area improvements.

Under the agreement, the city provides CentreVenture loan guarantees based on what is anticipated to be collected in future municipal property tax revenues, otherwise known as

tax increment financing.

In a report tabled at Monday's meeting, staff said a lack of tax revenue means the city is poised to cover \$1.5-million worth of street work for the area.

"CentreVenture's programming is typically funded through Tax Incremental Financing, but due to the delay in some private developments downtown there are no taxes flowing in 2016," the report reads.

"It is expected that taxes will flow in 2017 through the Glass House development to pay back the financing the City is currently proposing."

Director of planning, property and development, John Kiernan, told councillors the risk of not recouping the cash is low, as the building's construction is on schedule, with many units already sold.

Located at 311 Hargrave St., Glasshouse Skylofts is 195-unit condo building under construction across from MTS Centre.

"You have to assess risk and see what you're comfortable with," chairwoman Coun. Janice Lukes said afterwards.

Lester Deane, director of the public works department, said a contractor has been chosen to carry out the street work, which needs to begin next month to be finished in time for the 2017 Canada Summer Games next July.

The financing plan is still subject to approval from the executive policy committee and council, which meets Wednesday.

“ You have to assess risk and see what you're comfortable with.

Coun. Janice Lukes



LOWER RIGHT: A woman reads along Bannatyne Avenue, next to streets undergoing renovations, starting next month.

ALL PHOTOS STEPHANIE TAYLOR/METRO



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The Burt just got cooler

THEATRE

The new air conditioning system is now fully operational

Braeden Jones
Metro | Winnipeg

The Burton Cummings Theatre is getting way cooler.

Seriously, it's finally air-conditioned.

One of the first orders of business for True North Sports and Entertainment after assuming ownership of the historic venue in the Exchange District was getting its critical systems up to snuff.

Kevin Donnelly, Vice President of Events and Entertainment, said after running the Burt since 2014, it "became glaring" how critical A/C would be.

"A building of that size, in today's standards especially, if you want to (operate) 365 days of the year it needs to have that conditioned air," he said. "People expect a certain standard nowadays, and we really want to meet or exceed those standards."

A combined heating-cooling system installed is also going to help them to turn down the radiators no one wanted to be near in the winter and have even, comfortable temperatures year-round.

"We fired up the system last week (and) are happy to report the system installed is functional," Donnelly said. "We are hoping it provides the comfort to our patrons they have come to expect."

Other improvements

Since buying the Burt in March, Donnelly said it has allowed True North to invest more heavily in the building's future.



Guess what, Winnipeg — no more sweltering concerts in the Burton Cummings Theatre. EDENINWINNIPEG

A building of that size, in today's standards especially, if you want to (operate) 365 days of the year it needs to have that conditioned air.

Kevin Donnelly

cant investments outside of overhauling the space outside of where patrons roam, was improving the seats they'll watch the house get rocked from.

Donnelly said the main floor seating has almost been entirely converted to the "better chairs." True North began installing in March, after adding more legroom by ditching the little-used

orchestra pit. Donnelly said future renovations could spill outside of the theatre's walls, and extend to exterior upgrade and possibly a new marquee.

True North is also looking at a new stage lighting system he said will be "better for the performer that comes in" as well as being more energy efficient.

He called the air conditioning and other renovations, as well as those still to come a "significant step in the right direction" towards helping the 109-year-old venue flourish.

As the operators on a lease arrangement, there was a disconnect between the Burton Cummings Theatre's continued

success, booking calendar and capital improvements.

"Now we can't look over the fence," Donnelly said. "The responsibility is on our shoulders now, and quite frankly we're excited."

Cool facts

In the past, when it first operated as a live performance house, the old theatre was actually cooled by huge blocks of ice that were dragged into the basement and allowed to melt.

When it operated as a movie theatre there was an air-conditioning system installed but was removed along with the projector equipment.

POLICE

Driver injured in collision

The driver involved in an early morning accident on Grassi Boulevard is now in stable condition.

Police said the driver's Hyundai Sonata had been travelling eastbound on Grassi Boulevard when another vehicle didn't stop at the Plessis Road intersection, causing the Sonata to veer into the ditch.

The driver was rushed to the hospital in critical condition, but is now stable.

Police say alcohol was a factor in the collision, and charges are pending. METRO

IN BRIEF

Man charged with multiple vehicle thefts

A man who has allegedly broken into nearly a dozen vehicles downtown was caught red-handed by police on Sunday.

David Moodie, 42, has been charged with 11 counts of theft under \$5,000, as many of the thefts under \$5,000, possession of a weapon and carrying a concealed weapon. METRO

RCMP investigating Berens River homicide

Manitoba RCMP is investigating the apparent homicide of a young man in Berens River, Manitoba. On Sunday evening, officers responded to a call from the small community's emergency nursing station, where they found an 18-year-old man had died. RCMP said a male youth has been arrested in connection with the death and remains in custody. METRO

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City orders review of fields

COMMUNITY SPACES

Winnipeg may increase cash from renting athletic fields

Stephanie Taylor
Metro | Winnipeg

Some changes could be on the horizon for how sport groups and community centres book athletic fields in Winnipeg.

The city is currently hiring a consultant to develop a policy around how sports fields are allocated, and recommendations on how city hall can boost its revenues from booking athletic fields, while keeping prices reasonable.

"It is envisioned this plan will form the framework for an implementation strategy and field allocation policy recommendations that will guide the City over the coming years," reads a request for proposal.

The consultant will be tasked with preparing a public



A consultant will be hired with the task of making athletic field bookings easier and more fair, while boosting revenue. ELISHA DACEY/METRO

engagement plan and seeing how services can be improved, as well as studying user rates by looking at pricing used in other cities with populations larger than 200,000.

Marlene Amell, executive director of the General Coun-

cil of Winnipeg Community Centres, said on Monday the current process for booking field time is "quite easy."

Each year, community centres receive a letter in the spring, and are given first priority to book fields, even

for several months at a time. If a centre has a field that is not needed, the city books it out to other teams.

"You just fill out a form and you send it back to the City of Winnipeg. That's it," Amell said of the process.

1,000

The city says it currently manages 1,000 sports fields, which includes 532 soccer fields and 375 ball diamonds.

She said community centres do not pay directly for using fields, but the cost is downloaded onto participants through user fees.

"It's not astronomical," Amell said of the current pricing.

The city's website shows to rent an athletic field for three hours from May to October three hours costs \$77.

Amell says whatever the review reveals, she hopes the rule that gives youth programming first priority for field bookings over adult teams remains unchanged.

"We have to manage our kids' priorities, which are to keep them busy and physical literacy is very much alive," she said.

According to the city's website, a review of its athletic fields was conducted in 2013.

MANITOBA HYDRO \$20M deal raises concerns

It seems Winnipeg councillors have more questions than answers when it comes to which way to vote on a proposed \$20.4 million land deal with Manitoba Hydro.

On Monday, a group of councillors convened for a closed-door briefing on the agreement, which if approved, would see the city pay more than quadruple the initial appraisal price for parcels of Hydro land needed to construct the second phase of the southwest bus rapid transit (BRT) line.

Meanwhile, members of the newly appointed Hydro board met privately at the Crown Corporation's downtown headquarters, where a final decision on the land sale was expected.

Spokesperson Bruce Owen said the board was still meeting as of late Monday afternoon, and that a decision might not happen until Tuesday.

"The number on this is too big," said Coun. Shawn Dobson, who is against BRT. He intends to vote against the deal when it hits council floor on Wednesday.

STEPHANIE TAYLOR/ FOR METRO



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Former mayoral candidate David Sanders speaks to media in 2014. COLIN FAST/METRO FILE

Ex-mayoral candidate mourned

SOCIAL JUSTICE

David Sanders remembered for advocacy, passion for city

Stephanie Taylor & Elisha Dacey
Metro | Winnipeg

A former Winnipeg mayoral candidate has died, says his son.

Jim Sanders confirmed Monday his father, David Sanders, passed away Sunday evening.

"My father was the conscience of this city," Jim wrote on social media. "He worked so tirelessly to help others. His belief in social justice and equality spanned his whole life and inspired me in all that I do. I will miss him dearly."

Sanders ran for mayor in the 2014 Winnipeg general election. His platform revolved around social-justice issues and reining in what he called "the wayward senior civic administration."

He also called the Southwest Transitway a "\$1.1-billion boondoggle" and advocated for "real rapid transit along Pembina Highway."

Sanders was a senior administrator at both the City of Winnipeg and at the Province of Manitoba. He was also a former journalist, covering Winnipeg

city council for the now-defunct Winnipeg Tribune and as a news editor the CBC.

He was also a volunteer with numerous Winnipeg boards, non-profits and charities.

Coun. Janice Lukes (St. Norbert) told reporters on Monday she was saddened to hear of Sanders' death.

"There's always, always value in advocacy work that people do," she said.

"There's lots of truths in what people bring forward as an advocate, and he brought forward a lot of truths and perspectives."

Sanders lost the election to Brian Bowman and came away with 3,718 votes. After the loss, he appeared at city council several times to question spending for rapid transit.

"As a lifelong Winnipeg resident, David cared deeply about his community and our city," reads a statement from Mayor Bowman.

"Throughout the 2014 election, David was very passionate about Winnipeg and cared deeply about making Winnipeg better."

"David was dedicated to our community and he demonstrated his commitment through active participation and leadership in university, schools, sports, community and charitable organizations."

"My thoughts and condolences are with his family."

UNIVERSITY OF MANITOBA

Donation to aid multiple-sclerosis battle

Braeden Jones
Metro | Winnipeg

Through new funding and a new research chair position, Manitoba and its largest university are working together to better understand multiple sclerosis (MS).

The province is providing the University of Manitoba with \$1.1 million in new funding specifically for MS research.

Manitoba Health, Seniors and

Active Living Minister Kelvin Goertzen said the funding will "help make a difference for so many Manitobans and their families."

A 2013 study by the international MS Federation estimated there are around 100,000 Canadians living with MS, the highest rate per capita globally.

The U of M also announced Monday it has named Ruth Ann Marrie as the first MS research chairperson tasked with guiding the research allowed by the new

provincial funding.

Marrie is the director of the MS Clinic at the Health Sciences Centre, as well as a professor in the neurology and community health sciences department at the Max Rady College of Medicine.

The chairperson position she has accepted is sponsored by the Waugh Family Foundation, which donated \$2 million to the school.

"I am honoured to be the first person to hold the Waugh Family Chair in MS research,"

Marrie said.

She explained the dedicated role will support her ongoing research, which "aims to understand the causes of MS, factors that influence outcomes in MS and to improve the quality of life for affected persons and their families."

The endowed chair position is also supported by the MS Society of Canada, the Dr. Alfred E. Deacon Medical Research Foundation and the Department of Internal Medicine at the U of M.

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On Friday, June 10, Winnipeg Transit introduced peggo™, the new electronic fare collection system that will provide customers with a more convenient way to pay their bus fare without the need to carry cash, passes or tickets.

The peggo system will be activated on Monday, July 4, 2016 and available to senior customers first, followed by full fare and youth passengers in early August.

All peggo customers will be able to buy their peggo card and "load fares" online, by phone or at a variety of retail outlets throughout the city, including 7-Eleven and Shoppers Drug Mart.

Customers will have up to 36 fare payment options to choose from, including 24 hour, 3 day, 5 day, 7 day, 14 day, 21 day, 28 day, monthly and annual passes. Winnipeg Transit will continue to offer reduced fares to seniors and students.

The cost for a peggo card is \$5.00, however, for a limited time, customers can receive a rebate when they register their peggo card online and use it within 90 days of purchase. Visit winnipegtransit.com or contact 311 for more information.

There are two types of fares which can be loaded onto peggo cards:

- e-passes – replace paper passes and are valid for an unlimited number of trips during a set number of consecutive days.
- e-cash – replaces paper tickets. Riders can load e-cash onto their peggo cards, which deducts e-cash fares from the card when it is tapped on the farebox. When paying using e-cash, a 75-minute transfer is automatically loaded onto the peggo card so paper transfers are no longer required.

Winnipeg Transit will continue to accept paper passes and tickets while customers transition to the new fare system. Riders will still be able to pay cash fare when boarding.

A comprehensive public outreach and education campaign is now underway to help Winnipeg Transit customers adapt to the new fare payment system.

To learn more about peggo, visit winnipegtransit.com or contact 311.

Say goodbye to paper
tickets and passes



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to peggo

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Mental-health crisis 'cannot be ignored'

INEQUALITY

PM pledges \$69M in funds for indigenous communities

The federal government will provide \$69 million over the next three years for indigenous mental-health services. Prime Minister Justin Trudeau announced Monday after meeting a delegation of more than 20 indigenous youth from northern Ontario.

The funding is designed to help communities tackle urgent mental-health needs while the government works with indigenous leaders to negotiate a new health accord, the Prime Minister's Office said in a statement.

The money is intended to provide services including four crisis-response teams in Ontario, Manitoba and Nunavut — identified as having the greatest need — as well as 32 additional mental-wellness teams.

Randall Crowe, a 24-year-old from Ontario's Deer Lake First



Members of the Nishnawbe Aski Nation youth sign a declaration on Parliament Hill. ADRIAN WYLD/THE CANADIAN PRESS

Nation, said it was important for the young people's delegation to be heard.

"It is time that the youth take their stand ... instead of being pushed aside, to actually take part in discussions that the leaders need to address," Crowe said.

NDP indigenous-affairs critic Charlie Angus has spent weeks hammering the government for failing to add new spending in the budget for indigenous mental health.

Canadians should know indigenous people do not receive the same level of health care

overall as people who live off reserve, Crowe noted.

The dialogue also needs to be part of a continuing process, said Nishnawbe Aski Nation Grand Chief Alvin Fiddler.

"In order for those issues to be addressed, it will require ongoing dialogue, ongoing work," he said. "I think to hear this from an 18-year-old who lives this in their community daily, that's something that cannot be ignored."

It is very powerful for parliamentarians to hear directly from youth, Fiddler added.

THE CANADIAN PRESS

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Abu Sayyaf kills hostage

PHILIPPINES

Canadian man was kidnapped by terror group in 2015

Canada's top Mountie says the tough terrain of the southwestern Philippines may make it difficult to find the killers of two Canadian hostages, but it won't prevent the ongoing effort to bring them to justice.

RCMP Commissioner Bob Paulson's commitment was affirmed Monday by Prime Minister Justin Trudeau following the death of Canadian Robert Hall, who had been held hostage by Abu Sayyaf since September 2015.

Hall's death comes after the execution in April of fellow Canadian John Ridsdel, who was snatched from a marina by Abu Sayyaf along with Norwegian Kjartan Sekkingstad and a Philippines national last



Robert Hall
CANADIAN PRESS

September.

Paulson said the RCMP is helping local authorities give chase to the kidnappers, "but as you know, it's a very difficult piece of geography and ... challenging environment."

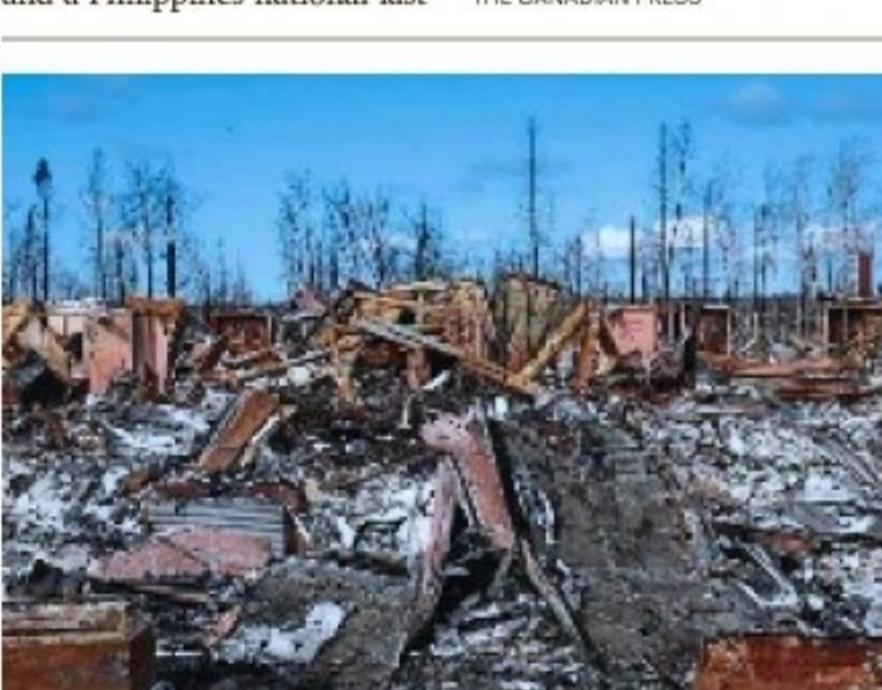
The Mounties are conducting an extraterritorial investigation into the murders, meaning the perpetrators could one day face justice in Canada, he added.

Trudeau said Canada holds Abu Sayyaf fully responsible for Hall's death.

"We are more committed than ever to working with the government of the Philippines and international partners to pursue those responsible for these heinous acts and bring them to justice," Trudeau said.

Abu Sayyaf operates mainly in the south of the Philippines, in the western Mindanao and the Sulu Archipelago, but staged a major attack in 2004 that killed more than 100 people when militants bombed a ferry in Manila Bay.

THE CANADIAN PRESS



The devastation from the wildfire in Fort McMurray, on June 3. Officials say that although the fire is not yet under control, it has stopped growing. AFP/GETTY IMAGES

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EQUALITY

Dear Tim Hortons: Where are the women?

A proposal to create a formal diversity policy at the parent company of Tim Hortons and Burger King aimed at increasing the number of women on its all-male board of directors has been rejected.

Oceanrock Investments Inc. and the Shareholder Association for Research and Education (SHARE) asked the company to write a formal diversity policy and inform shareholders how and when it intends to increase the number of women on its board of directors and in senior management positions.

Oceanrock Investments, which said it owns nearly 19,000 RBI shares, acted on behalf of the Meritas Jantzi social index fund.

Before Tim Hortons and Burger King merged and became RBI in late 2014, a quarter of the Tim Hortons board was comprised of women, according to the shareholder proposal. Now RBI's 11-person board of directors is all male.

The proposal asked RBI to complete the policy and update shareholders by December 2016.

While there are many benefits to increasing gender diversity on corporate boards, including the potential for better shareholder returns, that



Before Tim Hortons and Burger King merged and became RBI in late 2014, a quarter of the Tim Hortons board was comprised of women. Now RBI's 11-person board of directors is all male. The men on the board are pictured here, except for one. CONTRIBUTED

wasn't the sole reason for the proposal, Fred Pinto, OceanRock Investment's CEO, said while presenting the proposal at the company's annual general meeting on Thursday.

"We did this quite simply because it's the right thing to do," he said.

Other shareholders voted to reject the proposal.

The result wasn't unexpected, Pinto said in an interview following the vote. The group will now wait to see how many

independent shareholders supported their proposal as more detailed results are released in the next few days.

The board had declined to

make a recommendation on how shareholders should vote, but did amend its new director nomination process to consider diverse candidates in response to the proposal.

These are more general steps, Pinto said, and he would like to see RBI take more specific action, including presenting a

timeline for gender diversity inclusion.

Gender diversity on corporate boards in Canada has become a source of tension between shareholders and companies.

BCE Inc.'s shareholders voted down a similar proposal at their annual general meeting earlier this year, and a Dollarama shareholder brought up concerns over the lack of women in leadership positions at that company's meeting earlier this week. THE CANADIAN PRESS

ALBERTA

Fort McMurray wildfire stops growing

The huge wildfire known as "The Beast" that tore through parts of Fort McMurray and northeastern Alberta is classified as being held for the first time since it became out of control in early May.

Wildfire information officer Lynn Daina said the designation means the fire is no longer growing, but is not yet under control.

Daina said it's an important day for firefighters who have been battling the blaze for weeks.

"It is a big deal. It is like the happy dance day," she said Monday.

"There has been so much and

so many people on this fire — more than 2,000 at its peak working it daily."

The perimeter of the fire, including burned areas, covers just under 5,900 square kilometres.

Daina said the work of firefighters combined with recent rainy weather and high humidity checked the fire's growth.

The Regional Municipality of Wood Buffalo estimates that about half of the more than 80,000 people who fled the Fort McMurray area on May 3 are back in the community after being allowed to return this month.

Mayor Melissa Blake said the fact that the fire is now being held is an important milestone.

The information will be critical to the thousands of people who are still trying to decide when to come home, she said.

"To have it move in official status from out of control to being held is the first step toward getting it completely under control and annihilated," she said.

"For me the moment of truth is it doesn't have us anymore — we have got it."

On Monday there were more signs the city was continuing to

bounce back from the disaster.

The regional hospital resumed providing more services including surgeries, obstetrics, pediatric and psychiatric care that were shut down last month due to the fire.

Canada Post said it started providing mail delivery again to businesses and was planning to phase in the service to neighbourhoods later this month.

Alberta's Provincial Building reopened to provide some government services, with the provincial court to reopen next Monday. THE CANADIAN PRESS



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1. Have friends stand on the X
2. Set your timer on your phone or camera
3. Place it on the selfie stand
4. Join your friends
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One lucky pic each day from June 20 – 24 will get posted in Metro News Winnipeg!

redriverex.com

ONLY AT THE EX

June 17 - 26, 2016



Remember their names

A gunman opened fire inside a crowded nightclub in Orlando on Sunday, leaving at least 49 people dead. Here are stories of some of the victims.

Last Monday, Akyra Murray, who turned 18 in January, graduated third in her class of 42 students at West Catholic Preparatory High School in Philadelphia, where she had also been a 1,000-point scorer on the basketball team.

"She was very loving, caring, out to help anybody," her mother, Natalie Murray, recalled.

To celebrate her graduation, Akyra, her parents and her 4-year-old sister travelled to Orlando for a family vacation.

On Saturday, Murray told her parents she wanted to party in downtown Orlando. They dropped her off at Pulse at 11:30 Saturday night.

At about 2 a.m., Akyra Murray sent a text message to her mother, saying that she and her cousins wanted to be picked up. She said there had been a shooting. Moments later, the phone rang.

"She was saying she was shot and she was screaming, saying she was losing a lot of blood," Natalie Murray said.

Murray said her daughter was

hiding in a bathroom stall, cowering from the shooter, her arm bleeding for hours with no medical treatment.

Mercedez Marisol Flores went to Pulse nightclub almost every weekend, Flores' sister-in-law said Monday, often with her best friend Amanda Alvear. Both women died in the shooting.

"She was very outgoing," Nancy Flores said of Mercedez Flores. "She had lots of friends. They used to always meet up at Pulse."

Born in Queens, N.Y., the 26-year-old Flores moved to Florida when she was a child, her sister-in-law said. She worked at Target and studied at Valencia College, a local community college. She wanted to become a party planner so she could coordinate events with her two older brothers, who are both DJs.

Alvear, 25, had bonded with friend Sandy Marte over breakups and health problems. Marte said he was trying to comfort her after the breakup. She had lost a lot of weight following gas-

tric bypass surgery and Marte encouraged her to socialize and enjoy life.

"She was loving, she was caring, she always had an open ear," Marte said of his friend Alvear.

Luis Omar Ocasio-Capo wanted to be a star. The 20-year-old dancer was working at Starbucks inside a Kissimmee Target store while studying theatre, and would have auditioned on Tuesday for a play, said his sister, Belinette Ocasio-Capo.

Omar, as he was known to family and friends, seemed brash to 70-year-old Claudia Mason, who worked with him at Starbucks. But after getting to know her much younger co-worker, "I realized he had a very outgoing personality," said Mason. "His sense of humour was definitely his defining personality trait."

Ocasio-Capo was hired as a cashier before moving over to the Starbucks, and became a great barista, Mason said.

"Omar got along with everyone," she said. THE ASSOCIATED PRESS

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Nominees spar over attack

U.S. ELECTION

Trump, Clinton at odds, react in markedly different ways

There is a political playbook for the aftermath of terrorist attacks, a leadership script born of wretched experience.

Offer sombre thoughts and prayers to the victims and their families. Vow, resolute, to defeat the perpetrators and their ideology. Urge the public to remain united and unbowed. Advocate a few policy solutions. In the wake of the massacre at a gay nightclub in Orlando on Sunday, Hillary Clinton is sticking to routine. Donald Trump is not.

Instead, the Republican nominee has offered a series of furious arguments and false accusations unlike anything else in the recent campaign history. Over the course of two days, Trump has called for the resignation of the president, insinuated the president is supportive of jihadists, and escalated his anti-Muslim rhetoric.



After the shooting Donald Trump attacked President Barack Obama, while Hillary Clinton called for more gun control. AFP/GETTY IMAGES



After the shooting Donald Trump attacked President Barack Obama, while Hillary Clinton called for more gun control. AFP/GETTY IMAGES

Monday afternoon offered the sharpest contrast between the two candidates. Clinton, speaking in measured tones in Ohio, called for an intensification of the war in Syria, new gun control measures, bipartisan unity and respect for Muslims.

Trump, appearing in New

Inflammatory anti-Muslim rhetoric hurts Muslims.

Hillary Clinton

Hampshire, spoke in the agitated voice of his early campaign rallies. After expressing condolences, he focused almost exclusively on immigration — specifically, on what he said was the threat posed by immigrants and refugees from Muslim countries.

He did not stop there. In an

ad-libbed comment that ranks among the starker bigotry of his campaign, he baselessly accused U.S. Muslims of harbouring advance knowledge of the deadly plans of Omar Mateen and the couple who committed a mass shooting in San Bernardino, Calif. in December. Trump reiterated

his call for a ban on all foreign Muslims entering the country. He also went further, proposing a new ban on anyone from unspecified countries with a history of terrorism against the U.S.

Clinton attempted to project calm but also toughness. Denouncing "radical jihadists" she said have "a twisted ideology and poisoned psychology," she called for an intense focus on identifying and thwarting "lone wolf" attackers, and an effort to dismantle terrorists' financial and arms networks.

The Democratic nominee also advocated new gun control measures: the renewal of the expired ban on so-called "assault weapons," a new ban on gun purchases by people on the "no-fly" terror watch list, and the closing of a loophole that allows some guns to be bought without background checks.

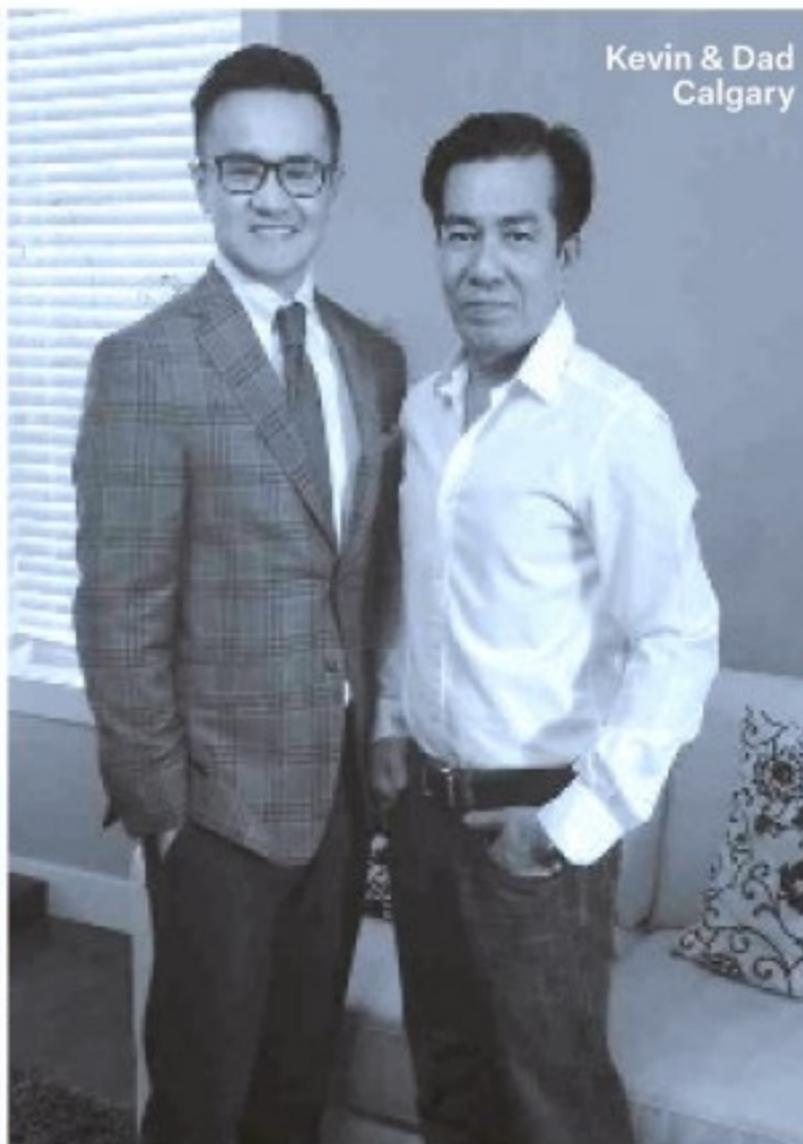
"That may not stop every shooting or every terrorist attack, but it will stop some, and it will save lives," she said.

"Inflammatory anti-Muslim rhetoric hurts the vast majority of Muslims who love freedom and hate terror," she said.

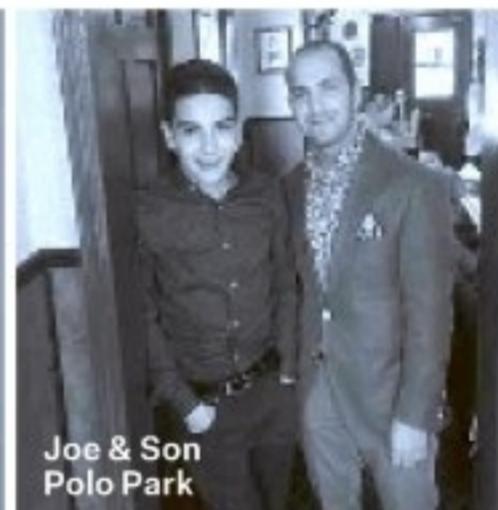
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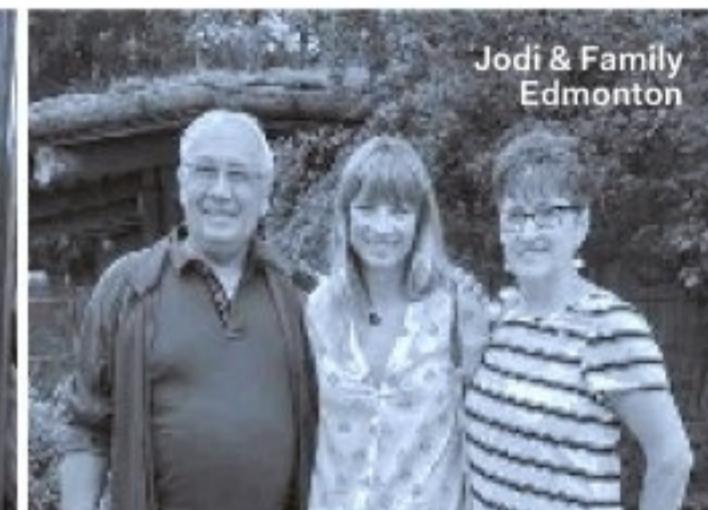
Jason & Daughter
Polo Park



Kevin & Dad
Calgary

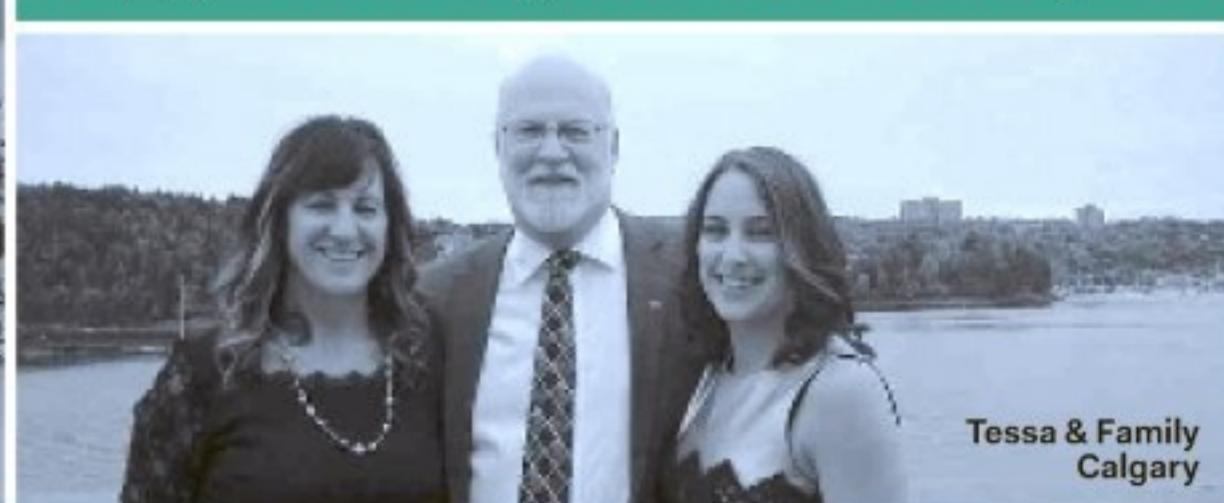


Joe & Son
Polo Park



Jodi & Family
Edmonton

Happy Father's Day. From our Dads to yours.



Tessa & Family
Calgary

Many of our Clothing Advisors are Dads, too. So, they know what it feels like to be on the receiving end of a thoughtful gift. They cherish the Picasso-like finger paintings, the primitive clay dishes, the first time one of their offspring treated them to dinner. In other words, they understand how a memorable gift can put a smile on any father's face. Let our Advisors help you choose the perfect thing for your dear old Dad, online or in-store.



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ROSEMARY WESTWOOD **ON THE LESSONS OF STANFORD**

SCHOOLS MUST CHOOSE A SIDE

Any post-secondary institution that would prefer its name not become synonymous with 'rape' would do well to internalize what the Brock Turner sexual-assault case made abundantly clear:

Universities have a responsibility not just to react to sexual violence but also to prevent it.

To Michele Dauber, a law professor at Stanford University, Jane Doe is a new Rosa Parks.

It's a striking, possibly overreaching statement. But it sets the stakes now at play for universities in the starker of terms: You are either on the right or the wrong side of fighting campus sexual violence, just as you were once (and remain) on the right or wrong side of fighting racism.

Jane Doe is the victim in the Stanford sexual-assault case, which ignited international condemnation after her assailant, Brock Turner, was given a slight six-month jail sentence for crimes that might have earned him a maximum of 14 years.

"We are at a real watershed moment in public perception of campus sexual assaults," Dauber told The New York Times this week.

At the centre: Jane Doe's defiant courtroom statement, read aloud on newscasts, shared tens of millions of times online, quoted by the vice-president of the United States and credited for igniting fierce conversation over consent and rape.

In her letter, Jane Doe attacked Turner's effort to scapegoat his behaviour on booze and partying. Through it, she refused to meekly accept her fate, Dauber suggests, just as Rosa Parks once refused to move from her seat on a bus.

Canadian universities should take this new level of furor over sexual violence as a warning: Think

Canadian universities should be asking themselves how many Brock Turners are wandering their own campuses.

"Stanford," and the next word that now comes to mind is "rape" — and your school could be next.

Of course, they shouldn't need the warning, but they also shouldn't have needed provincial governments to force them to create dis-

tinct sexual-assault procedures. (Even back in 1993, one study found as many as one in four women are sexually assaulted at universities.)

New bills passed in Ontario and B.C., as well as another introduced in

Manitoba, all require that campuses adopt standalone policies. Far too many need the push. Irene Shankar, a researcher at Mount Royal University, surveyed 103 English-language schools this spring and found that only 25 had policies. Some

schools, like the University of British Columbia, have been publicly shamed into instituting better practices over their poor handling of complaints.

Effective policies to tackle the fallout of violence is one thing. Preventing assaults is quite another.

In a recent case study of one anonymous Alberta campus, Shankar found the school paid so much lip service to fighting sexual violence, action got left behind. "It's almost become this opting-out that universities use," she told me. Schools will repeat how "complex" the problem is, which normalizes sexual violence and lets schools off the hook for solutions, she added.

Until, of course, an attack makes international headlines.

Stanford has defended its own conduct in the wake of the assault, noting there was "an immediate police investigation" (for which the school can't actually claim any responsibility) and that "in less than two weeks after the incident, Stanford had conducted an investigation and banned Turner from setting foot on campus — as a student or otherwise."

Students, however, are not satisfied. There's a petition calling for, among other things, the school to apologize to Jane Doe because the attack happened on its campus, increase funding for sexual-assault prevention and mandatory sexual-assault education for all students.

Going by Stanford's own data, those last two suggestions are needed. The school's 2015 campus climate survey found that one-third of undergraduate women experienced non-consensual sexual misconduct, "including acts ranging from sexual touching to penetration" (also known as rape).



The fact that students might get to university without a firm understanding of sexual assault mirrors Brock Turner's own court statements. He blamed a culture of drinking and promiscuity for his action, apparently unable to separate sex from assault.

It's an explanation that excuses nothing, but one that should deeply worry college and university administrators. They should be asking themselves how many Brock Turners are wandering their own campuses.

Taking swift action in the wake of assaults — with care for a victim and consequences for an abuser — is good policy, but it's not perfect behaviour.

The best way to avoid being Stanford isn't to defend your actions after the fact. It's to stop the violence in the first place.

PHILOSOPHER CAT
by Jason Logan

GRIEF IS DEPRESSION IN PROPORTION TO CIRCUMSTANCE; DEPRESSION IS GRIEF OUT OF PROPORTION TO CIRCUMSTANCE.



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Metro POLL

Was justice served at Stanford?

Brock Turner's six-month jail sentence — of which he's expected to serve only half — has been called unfairly lenient, with many who object claiming that Turner's being a white star athlete at a prestigious school saved him from spending far more time in jail. But we wanted to know what you think.

We asked: Is Brock Turner's six-month sentence a sufficient punishment?

96%: NO

(1,217 votes)

He got off way too easily in relation to the damage he inflicted on his victim. Others won't be deterred.

Rape is rape. Period. alcohol is no defence.

He raped someone and is only getting a six-month sentence. Disgusting! Disgraceful!

Such a light sentence underscores the perceived value of men's lives over a woman's right to be safe.

His actions reflect a deeper psychological attitude of superiority. This behaviour was learned.

White privilege is real, and this is a sickening case of it.

It's far past time we teach our little boys that they are not entitled to women.

visit metronews.ca
HAVE YOUR SAY



Protesters at Stanford's graduation ceremony wear '1/3' signs on their mortarboards, referring to the stat that one in three women will be sexually assaulted in her lifetime. THE ASSOCIATED PRESS



Community Choice Awards

Visit winnipeg.metrocommunitychoice.com to vote in the The Metro Community Choice Awards

Do you have a go-to spot that you just can't wait to tell all your friends about? Or do you know of a local store that's provided you with superlative service that you feel is worthy of recognition?

Now's your chance to have your voice heard and let the community in on that hidden

gem or shining diamond that's been in plain view.

The Metro Community Choice Awards gives you the chance to share your love and appreciation for your favourite shops, places, and businesses,

and vote them to the top of the charts.

You've already spoken up

and nominated some fine establishments over the past few months. Now it's time to crown our winners — and for that, we need to hear from you.

From June 14 through July 6, you can visit winnipeg.metrocommunitychoice.com to cast your ballots. And then we'll announce the winners in a

variety of categories, including (but not limited to) automotive, food and drink, business or service, and entertainment.

It's a great way for you to share your appreciation for some of the amazing establishments that make Winnipeg great. And if you're looking for inspiration — or just to try someplace new — what better way than by visiting a location that's already been recognized as one of the best of the best

by community members just like you?

Peruse the list of nominees and get ready to cast your vote. Based on your ballots, the winners will be grouped into three categories: gold, silver, and bronze. And don't forget to encourage your friends, family, and associates to vote as well. This is your chance to rally the troops and use your collective voices to recognize those businesses that have earned your

loyalty over the years.

Voting is free and there's no registration required. This is your chance to let everyone know about the great services, products, businesses, and establishments that have helped you or made your life more enjoyable. Share your experiences and your opinions with thousands of Winnipeg residents and vote in the Metro Community Choice awards today.

JASON MENARD





Check out the list of nominees and get ready to cast your vote

Automotive

BEST AUTO SERVICE CENTER

Birchwood Service
Get-About Auto Repairs
Bob's Transmissions
Boyd Autobody & Glass
Eastside Collision
Point West Collision Centre
Auto Centre At The Bay
Doctor Dent Winnipeg
Nott Auto Corp
Vickar Autobody & Glass

BEST CAR WASH - DETAIL SERVICE

Birchwood Auto Spa
River City Car Wash
Blondies Car Wash
Midtown Car Wash
Goldeye Car Wash & Laundromat
Dmax Detailing
Rocket Car Wash
Ming - Winnipeg
Rebirth Detailing
The Chamois Car Wash

BEST DOMESTIC

CAR DEALERSHIP

Capital Ford
River City Ford
Parkside Ford Lincoln
Winnipeg Dodge Chrysler
Jeep Ram
Murray Chevrolet
Vickar Community Chevrolet
Birchwood Chevrolet Buick
Gmc
Birchwood Ford
Jim Gauthier Chevrolet
Eastern Chrysler - Wpg

BEST IMPORTED CAR DEALERSHIP

Birchwood Toyota
Birchwood Nissan
Birchwood Hyundai
Gerry Gordon's Mazda
Murray Hyundai
Birchwood Kia On Regent
Birchwood Kia West
Frontier Toyota
Auto Haus Volkswagen
Birchwood Honda On Regent

BEST LUXURY CAR DEALERSHIP

Crown Acura
Birchwood BMW
Birchwood Infiniti

ST James Audi
Mercedes-Benz Winnipeg
Birchwood Lexus
Jaguar Land Rover Winnipeg
Porsche Centre Winnipeg
Nott Autocorp Ltd
Auto Gallery Customs, Luxuries and More

BEST OIL/LUBE CHANGE

Walmart
Super Auto Centres
Great Canadian Oil Change
Midas - Winnipeg
Mr. Lube
Speedy Auto Service Winnipeg
Birchwood Service
Get-About Auto Repairs
Super Lube Auto Centres
Auto Centre At The Bay

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Transcona Trailers Sales
Classic Rv
Can Am Rv
Canada One Rv - Winnipeg
Gnr Camping World Rv Centre

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Birchwood Tires

Fountain Tire - Wpg
Sturgeon Tire
Kal Tire - Wpg (Pembina Hwy)
Denray Tire
Canadian Tire Wpg

BEST USED CAR DEALERSHIP

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Pacific Motors
Birchwood Auto Group
Autotown
Kobi's Auto
Vickar Automotive Group - Used Dept.
Ride Time Used Cars Winnipeg
Fine Ride Auto Sales
West Perimeter Auto Centre
Auto Gallery of Winnipeg

Business or Service

BARBER SHOP

The Loving Barber
Hunter & Gunn
Romeo Bros Barbers & Hair

styling
Jeffrey's Barber Shop
Modern Man Barber Shop
Tommy Gun's Original Barbershop
Pall's

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R J Accounting
Mnp LLP
Vic's Accounting and Taxes
David Aplin Group Winnipeg
Osborne Accounting Group
M Group Cpa Llp
PKBW Chartered Accountants
Booke & Partners

BEST ADULT EDUCATION COLLEGE/SCHOOL

Robertson College
Herzing College Winnipeg
Wellington College
University of Winnipeg - Pace - General
Northwest Law Enforcement Academy Inc.
Manitoba Institute of Trades and Technologies
Patal Vocational School
Red River College
Chn College
University of Manitoba - Ex-

tended Education

BEST BANK / TRUST CO.

Rbc Royal Bank
Bmo Bank Of Montreal
Scotiabank
Cibc

TD Bank

BEST CATERING COMPANY

Pita Pit
Little Bones Wings
Calabria Market
The Poutine King
Naleway Catering
Urban Prairie Cuisine Catering
Gunn's Bakery
Il Molino
and A Cupcake Too

BEST CHIROPRACTIC CLINIC

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Align Chiropractic & Massage Therapy
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On Time Electric, Plumbing, Heat and Air would like to Thank our customers for nominating us as one of the top businesses in our category.

We would like to introduce you to Tyler Whitlaw, the President and co-owner of the On Time Group, the fast growing service company. Let's find out what makes On Time one of the top performers in Winnipeg.

An interview with Tyler Whitlaw.

What's does the On Time group do?

Tyler replied: The On Time group can service your electrical, remove your knob and tube, change out your hot water tank or fix the leak in your plumbing. We can provide the repair to your heating or cooling system or offer great pricing on replacing your furnace, boiler or air conditioner. We can even look after your environmental needs. We can help you with any mould problems you may have, or remove asbestos or vermiculite from your home.

How do you continue to provide great pricing to your customers?

Tyler replied: We are one of the few companies that can supply all the services required in your home with one phone call. We offer our clients value pricing on our products and insist on 110% service quality, because our goal is that you will use our company for all of your service issues. This allows us to not have to maximize our profit because we only sell one item, we bank on earning our wage throughout a lifetime relationship with our customers. We believe that if we provide exceptional service, and provide great value to our clients that we will earn their trust and loyalty.

How many trucks and employees do you have?

Tyler replied: We have 20 Trucks and over 40 employees and are growing everyday.

What are customers biggest concerns?

Tyler replied: I am frequently asked, "who can I trust?"

How do you answer that question?

Tyler replied: I tell customers to pick a contractor that has a substantial investment in their business, as well as the city and province. Getting a great deal is only beneficial if the company is still in business if you ever require service or warranty repairs.

Why should a customer feel comfortable with you and your company, On Time?

Tyler replied: A lot of people think we are a national company when actually we are a 100% family owned business with our family living and playing right here, in Winnipeg. Right from the start we decided to make ourselves very accessible to our customers. We didn't just brand On Time, we show pictures of our staff in our ads, and we decal'd our trucks with my face so customers knew who was responsible. They can listen to my radio show on CJOB on Saturday

days (Ty Knows a Guy) and we put Ty's Maintenance Tips on television. Pretty much we are so visible in Winnipeg it is impossible to avoid our customers. They know who we are and what we look like, we better do a good job or a day at the park would be stressful.

How do you handle customer problems?

Tyler Replied: Well, first we try to make as few mistakes as possible. However we are human and mistakes can happen. I believe that there is a way to properly handling a problem, it's making sure you have big enough shoulders to deal with it in a professional manner. In my opinion that's the measure of success, and as a Better Business A+ member we will never hide from issues.

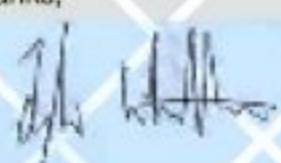
Do you have an guarantees?

Tyler Replied: That's a great question, outside of the manufacturers warranties, the biggest guarantee I can give a customer is a promise that we will always work hard for them. We will strive to provide great value, and will always stand behind our work. If for any reason you feel that we have not lived up to this claim, I want you to feel comfortable calling me directly at (204) 774-1474. I will always make sure that your questions are answered.

Anything else you would like to say to your customers?

Tyler Replied: Yes, I would like to thank the customers that have supported our business. Your support is appreciated by everyone in our family, and all of our staff. Always remember, if you have problems in your home, then it's time to call On Time Electric, Plumbing, Heat & Air at 204 774-1474. Be treated with trust, integrity and professionalism.

Thanks,



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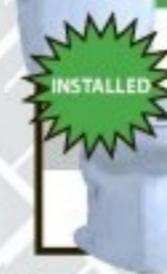
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40/60 gal. Electric
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\$60 water bill
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\$144.95<sup>SAVE
\$85</sup>
UP TO
14 VENTS**



* Extra Vents add \$8.95 per vent. High Efficiency Furnace add \$39.

PLUMBING DEAL

Main Drain Clean Out \$169.95*

*Up to 75 feet

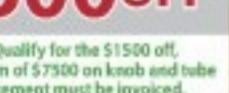


**PLUMBING DEAL
Main Drain Clean Out \$169.95***

**ELECTRICAL
KNOB & TUBE WIRING
REPLACEMENT
\$1500 OFF***

ELECTRICAL

**KNOB & TUBE WIRING
REPLACEMENT
\$1500 OFF***



*To Qualify for the \$1500 off, a minimum of \$7500 on knob and tube replacement must be invoiced.



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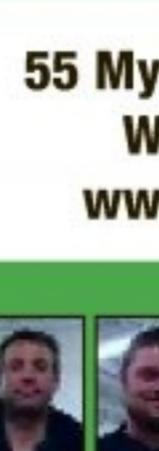
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MEET OUR TEAM



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Check out the list of nominees and get ready to cast your vote

Sun Chiropractic
Family First Chiropractic
Kisil Chiropractic
Connect Chiropractic

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Memory Express
Winnipeg Technical Services and Solutions
Corey's Computing
CR Computers & More
Pivotal Computer Services

BEST CREDIT UNION
Casera Credit Union
Cambrian Credit Union
Crosstown Civic Credit Union
Steinbach Credit Union
Carpathia Credit Union
Westoba Credit Union
Median Credit Union
Assiniboine Credit Union
Caisse Financial Group
Belgian Alliance Credit Union
Winnipeg

BEST DENTAL OFFICE
Lakewood Dental
Shine Dental
Reflections Dental Health Centre

Campus Dental Center
Southwood Dental Centre
Norwood Dental Centre
Linden Market Dental Centre
Linden Lakes Dental Centre
Winnipeg Pediatric Dentistry
River Park Dental

BEST DENTURE CLINIC
Borbely Swiss Denture Clinic
Minuk Dentures
Lee Denture Clinic
Dunn Mobile Denture Service & Clinic
Zelcer Denture Clinics
Fast Denture Clinic

BEST DRY CLEANER
Dollar Wise
Perth's Drycleaners
Fabricare Dry Cleaners
Metro Cleaners Ltd
Marion Plaza Laundry Centre

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Mr. Electric of Winnipeg
3-Phase Electrical Ltd
Powertec Electric
Kingsway Electric
Series Electric Inc.
Camco Electric

BEST FLORIST
Academy Florist
Dragonfly Flowers
Broadway Florists
The Floral Fixx
The Flower Lady
McDiarmid Flowers
Myra Rose Florist

BEST FUNERAL HOME/ SERVICES
Glen Lawn Memorial
Voyage Funeral Home
Cropo Funeral Chapels
Chapel Lawn
Aboriginal Funeral Chapel
Mosaic Funeral
Desjardins Funeral Chapel
Korban Funeral Chapel
Friends Funeral Service
Wojcik's Funeral Chapel

BEST HAIR SALON
Berno & Black
Transcona Salon and Spa
Looks Salon & Spa
Hair Fx
City Looks Salon and Spa
Aveda Institute - Winnipeg
Hair By Deanna
Hair Passion
Puressence Aveda Spa and

BEST HANDYMAN SERVICES
Nisby Thermo Services Service +
Handy Girlz Winnipeg
Handyman Connection - Winnipeg
The Home Tasker
Rolly's Mechanical

BEST HOLISTIC HEALTH
Concourse Sports/Ergonomic Physiotherapy
Bean Family Wellness
Registered Holistic Nutritionist Anna Lazowski
Hollow Reed Holistic
The Centre For Natural Medicine

Heilsa - Holistic Solutions
Fusion Health and Wellness
Natural Essentials

BEST HOTEL/MOTEL
The Fort Garry Hotel
Place Louis Riel Suite Hotel
The Velvet Glove
Mere Hotel
Grand Winnipeg Airport By

BEST SALON
The Sapphire Hair Lounge

Lakeview Hotel
Homewood Suites By Hilton
Airport Winnipeg
Canad Inns
Alt Hotel Winnipeg
Mainstay Suites Winnipeg
Inn At The Forks

BEST INSURANCE COMPANY
Wyatt Dowling Ins.
Crossroads Insurance
Winnipeg Insurance Brokers
Plezia Insurance Brokers
King Insurance Brokers
Ranger Insurance
Actual Benefits Insurance Services
Gregg's Insurance Agency
Great West Life - Winnipeg
Caa Manitoba

BEST LAW FIRM
Derkson Law
Pitblado Law
TDS Law
Taylor McCaffrey Llp
Prober Law Office
McRoberts Law Office Llp
Harrison Law Office
Women For Women Law Firm
Restall and Restall

BEST MASSAGE CLINIC
Advanced Massage Therapy
Corydon Physiotherapy Clinic
ST. James Massage Therapy Clinic
Winnipeg's Meridian Massage
Larissa Sotas Rmt
Back in Motion - Winnipeg
Down To Earth
Three Points Massage Therapy
Live Right Massage & Facial Spa
Keely Koch Rmt

BEST OPTICAL STORE
G Is For Glasses
20/20 Eye Care
Caychua Custom Clip-Ons
Hakim Optical
Designing Eyes The Optical Store

Kennedy Optical
Eye-Deal Eyewear
Book Optical / Vision Care
Oakley Optical
Tuxedo Eyes Optical
South Winnipeg Eye Centre

BEST PERSONAL TRAINER
Personal Trainer Brent Lohmer Sport Manitoba

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Voting runs June 14 – July 6, 2016

16 Tuesday, June 14, 2016

metro SPECIAL REPORT: COMMUNITY CHOICE AWARDS



Check out the list of nominees and get ready to cast your vote

X-Company
Podaima Performance
Everfit Training
Flex Fitness
Boom Bodyshaping
Mytrainerj.Com
Val Marx

BEST PHOTOGRAPHY STUDIO
Shauna Townley Photography
Kalla Photography
Cheryl Struss Photography
Artistic Impressions
Elchesen's Portrait & Family Photography Studio
Design Molloy, Birth Story
Word Art
Joel Ross Photography
Your Best Shot Photo

BEST PLUMBING SERVICE
Red Alert Sewer and Drain
Pyramid Plumbing and Heating
Penguin Heating and Cooling
Balcaen and Sons
Roto-Rooter Plumbing Winnipeg
Shorty's Plumbing & Heating
Mr. Rooter's Plumbing Winnipeg

BEST TRAVEL AGENCY
Roadtrips Winnipeg
Marlin Travel Winnipeg
Caa Travel Agency - Winnipeg
Heartland International Travel & Tours
Flight Centre - Winnipeg

Entertainment

winnipeg.metrocommunitychoice.com



Furnasman Right-Time
SS Plumbing
Rolly's Mechanical

BEST SPAS/ESTHETIC SERVICES
Thermea
One Salon and Spa
Aveda Institute - Winnipeg
The Loft
Tiber River Naturals
Myuz Artistry
Iridescence Day Spa
Purescence Spa and Salon
Ten Spa At The Fort Garry

BEST TATTOO STUDIO
Metamorphosis
Rebel Waltz Tattoo
Blaze Ink
Corner Tattoo
Tattoo Winnipeg
Kapala Tattoo
Living Canvas Tattoo

BEST YOGA STUDIO
Yoga Public
Moksha Yoga Winnipeg
Calm N' Sense Yoga
Yoga Centre Winnipeg
Kuhlektiv Yoga
Awesome Hot Yoga

Charleswood Travel Winnipeg
Sears Travel Winnipeg

BEST VETERINARY CLINIC
Crestview Veterinary Hospital
Natural Healing Veterinary Care

BEST FESTIVAL
Festival Du Voyageur
Fringe Festival
Folklorama
Manyfest
Super-Spike
Interstellar Rodeo Winnipeg
Winnipeg Folk Festival
The Oddblock Comedy Festival
Winnipeg Comedy Festival
Winnipeg Jazz Festival

BEST GOLF COURSE - PUBLIC
Bel-Acres Golf Course
Niakwa Golf & Country Club
Pine Ridge Golf Course
St.Boniface Golf Club
St. Charles Country Club
Assiniboine Golf Club

BEST LOCAL TOURIST ATTRACTION
Paws For Adventure Day Camp
Seven Oaks Hospital Summer Camps
Fort Whyte Alive
University of Winnipeg - Wesmen
Camp Arnes

BEST FITNESS CLUB
Pride Muay Thai
Snap Fitness- Winnipeg
Reh-Fit Centre
Ymca - Ywca Winnipeg
Rady Jcc
Pops Fighting Academy
Morfit Training Centre
Impact Fitness Wpg
Shapes Fitness Centres
The Wellness Institute

BEST NIGHT CLUB
The Royal George
Times Change(D) High and Lonesome Club
Silver Spike Saloon
District Stop Nightclub
Republic Nightclub
Reset Interactive Ultralounge
Chill Bar & Grill

BEST GOLF COURSE - PRIVATE
Glendale Golf & Country Club
Player's Golf Course
Rossmerie Golf & Country Club
Southwood Golf & Country Club

BEST KIDS SUMMER CAMP
Manitoba Pioneer Camp
City Of Winnipeg Summer Camps
Children's Museum Summer Day Camp
Rossmerie Golf & Country Club
Southwood Golf & Country Club

BEST PLUMBING SERVICE
Red Alert Sewer and Drain
Pyramid Plumbing and Heating
Penguin Heating and Cooling
Balcaen and Sons
Roto-Rooter Plumbing Winnipeg
Shorty's Plumbing & Heating
Mr. Rooter's Plumbing Winnipeg

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Best Greek Food	Best Poutine
Best Hamburger	Best Overall Restaurant

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18 Tuesday, June 14, 2016

metro SPECIAL REPORT: COMMUNITY CHOICE AWARDS



Check out the list of nominees and get ready to cast your vote

Fame Night Club
The Good Will Social Club
Aria Night Club

Food & Drink

BEST BAKERY
Gunn's Bakery
Sleepy Owl
Jenna Rae Cakes
La Grotta Mediterranean Market
Cake-Ology Cakes
The Crusty Bun
L'Epi De Ble
Tall Grass Prairie Bread Company
Caked With Love and A Cupcake Too

BEST BBQ FOOD
Lovey's Bbq
Famous Dave's
Gus & Tony's At The Park
Carnaval Brazilian Bbq
Silver Heights Restaurant and Lounge

BEST BREAKFAST

Cora's
Pete's Place Family Restaurant
Stella's Cafe & Bakery
Red Top Restaurant
Falafel Place
Bernstien's
Marion Street Eatery
Oakwood Cafe
Ben and Florentine
Wannabee's

BEST BUFFET
East India Company
Royal Fork Buffet
Dhoom Restaurant & Lounge
Buffet Square
Aaltos
Ye's Buffet

BEST CASUAL FINE DINING
Red Top Diner
Browns Social House
Dal's Restaurant
Feast Cafe Bistro
Promenade Café and Wine
The Poutine King
Olympia Diner
Peasant Cookery
Silver Heights Restaurant and Lounge

Pete's Place Family Restaurant

BEST CHINESE CUISINE
Sunshine Restaurant
Szotos
Shabusen
Fortune Cooking
Spring Roll
Golden Dragon
Lucky Koi
Sun Fortune
Miriwa Chinese Food
Golden Loong

BEST DESSERTS
Baked Expectations
Caked With Love
Panda Tea (Canada)
L'Epi De Ble
Cake-Ology Cakes
Chocolate Zen Bakery and A Cupcake Too

BEST FINE DINING
Inferno's
Sentruhl Project
Chew Restaurant
Enoteca
Segovia Tapas Bar
Maque
529 Wellington

Sydney's At The Forks
The Velvet Glove
Deseo Bistro

BEST FOOD TRUCK
Habanero Sombrero
The Red Ember
Kyu Grill
Little Bones Wings
Better Than Baba's Perogies
Better Than Baba's
Shamwow's Samosas
The Poutine King
Pimp My Rice
Greek Town

BEST GREEK CUISINE
Red Top Diner
Garwood Grill
Dals
Red Top Restaurant
J & H Restaurant
Olympia Diner
Pete's Place Family Restaurant
Tuxedo Village
Santa Lucia

BEST HAMBURGER
Red Top Diner
Fatburger
Garwood Grill

Pete's Place Family Restaurant
VJ's
Unburger Healthy Burger Bar
Georges
Nuburger
Wannabee's
5guys

BEST INDIAN CUISINE
East India Company
Dhoom Restaurant & Lounge
Tandoor House
Charisma of India
India Palace

BEST ITALIAN CUISINE
Delucca's
Nicolino's
Paradise Restaurant & Lounge
Tre Visi
Mona Lisa Ristorante Italiano
Colosseo Ristorante Italiano
Bellissimo
Pasquale's
Mano A Mano

BEST OVERALL RESTAURANT
Segovia
Sentruhl Kitchen
Dal's Restaurant

529
Carnaval Brazilian Bbq
Hermano's
Nicolino's
Inferno's
Pete's Place Family Restaurant
Enoteca
Deer & Almond

BEST PIZZA
Carbone
Santa Lucia
Pizzeria Gousto
Boston Pizza - Winnipeg
A Little Pizza Heaven
Slices Pizza - Winnipeg
Vera Pizzeria
Nicolino's
Santa Ana
Za Pizza Bistro

BEST POUTINE
Promenade Café and Wine
Smokes Poutinirie-Winnipeg
Little Bones Wings
Pete's Place Family Restaurant
New York Fries
The Poutine King
Le Garage
Silver Heights Restaurant

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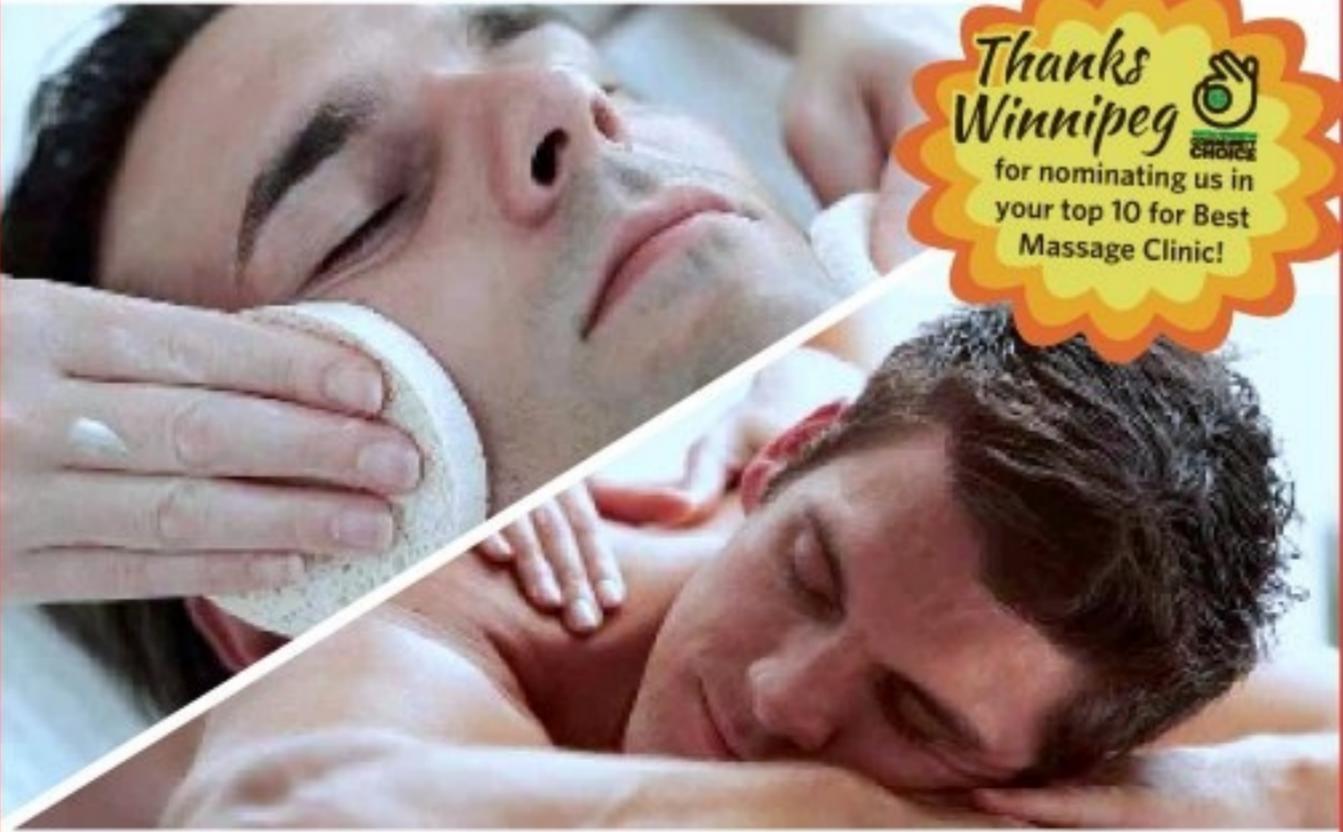
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- Voice and data cabling installations
- Kitchen and Bathroom Renovations
- Hot water tanks
- Security systems
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- Residential Smoke Detectors
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www.camcoelectricwinnipeg.ca 



Check out the list of nominees and get ready to cast your vote

and Lounge
Bodegoes

BEST PUB

Barley Brothers
The Pint

Shannon's Irish Pub
The Big 'A' Tavern
Finn Maccool's Irish Pub
Peg Beer Company
Silver Heights Restaurant
and Lounge
Tavern United
Yellow Dog Tavern
Cornerstone

BEST RIBS

Silver Heights Restaurant
and Lounge
Gus & Tony's At The Park
Famous Dave's
Danny's Whole Hog Bbq &
Smokehouse
The Keg Steakhouse & Bar

BEST STEAK

Hermano's
The Keg
Round Table Steakhouse
Chop Steakhouse & Bar
529 Wellington
Hy's Steakhouse Wpg

Silver Heights Restaurant
and Lounge
Bailey's Restaurant
Rae and Jerry's

BEST SUSHI
Wasabi Sabi
Wako Sushi Cafe
Blufish Sushi
Meiji Sushi
Yujiro
Izumi Sushi
Chosabi

BEST THAI CUISINE
Sabai Thai
Thai Bocchi
Siam Thai
Pad Thai
Magic Thailand
Thida's Thai

BEST VIETNAMESE RESTAURANT
Pho #1
Vine Tien- Marion
Viva
Pho Hoang
Phuong Nam
T.H. Dang
Thanh Vi

BEST WINGS
Red Top Restaurant
Garwood Grill
Little Bones Wings
The Big 'A' Tavern
The Poutine King
Silver Heights Restaurant
and Lounge
Smittys
Tavern United
Santa Lucia
Tapps

BEST BUILDING MATERIALS & HOME IMPROVEMENT
Windsor Plywood
Transcona Overhead Doors
Star Building Materials Winnipeg
Olympic Building Centre
Can-Cell Industries Winnipeg
Winroc Walls & Ceilings Winnipeg
Home Depot Winnipeg
McMunn & Yates Building Supplies

BEST FLOORING
The Floor Show
Curtis Carpets
End of The Roll - Winnipeg
A & R Carpet Barn
Avalance Flooring Inc
Area Rug Store & More
Flatlanders Flooring

BEST HEATING & AIR CONDITIONING SERVICE
On Time Group
Penguin Heating and Cooling
Reliable Heating & Air Conditioner
Reliance Superior Heating & Air Conditioning
North49 Heating & Air Conditioning
Accurate Heating & Air Conditioning
Furn-Air Heating and Air Conditioning

BEST HOME BUILDER / DEVELOPER
Streetside Developments
Ranjan Developments
Huntington Homes
Artisitic Homes
Gino Homes
Parkhill Homes

Genstar Developments
Olympic Builders
Star Builders
Kensington Homes

BEST HOME IMPROVEMENT STORE / SERVICE
Nick Macklin Contracting
Garage Masters
Cherry Construction
All Canadian Renovations Ltd
Windsor Plywood
McMunn & Yates
Deckboyz
Winnipeg Tile & Masonry
Canyon Stone
Kitchen Designs

BEST LANDSCAPE COMPANY
J. D. Penner and Sons
Kindret Landscaping Inc.
Ron Paul Garden Centre
St. Mary's Nursery & Garden Centre Ltd.
T & T Seeds
Lacoste Garden Centre
Hero Snow Removal & Lawn Care
Total Yard Works
Prolawn Property Care

Leclerc Bedding Plants

BEST PAINT & WALLPAPER STORE
Park City Paints
Cloverdale Paint - Wpg
General Paint - Winnipeg
Western Paint Wpg
Delux Paints Wpg
Envy Paint & Design Wpg

BEST REAL ESTATE AGENT
Royal Lepage - Garry Parkes & Associates
Chris Guenther Realtor - Sutton Group
Linda van Den Broek-Remax Real Estate
Frank Versace, Realtor
Marcia Bergen, Realtor
Bo Kauffmann, Realtor
Tracey Anderson, Realtor
Michelle Levesque, Real Estate Women
Rose Lobreau, Royal Lepage-Prime Real Estate
Leslie Weselak, Re/Max Performance Realty

BEST RETIREMENT HOME
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Homestead Retirement Living

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The Boulton Retirement Community
 Catherine Place
 Thorvaldson Care Center
 The Wellington Retirement Residence
 The Westhaven Retirement Residence

BEST ROOFING COMPANY
 Citadel Roofing
 M.J. Roofing
 Pristine Roofing & Siding
 Oakwood Roofing & Sheet Metal Co Ltd
 All Season Roof and Fencing
 Hart Roofing
 Power Roofing Ltd

BEST WINDOWS & DOORS
 Window and Door Masters
 Acheivers
 Jeld-Wen Windows & Doors - Winnipeg

Paramount Windows
 Duraco Windows
 Accurate Dorwin
 Polar Ray-O-Max Windows Canada

Shopping

BEST APPLIANCE STORE
 J. S. Furniture Gallery
 Home Depot
 Midland Appliance World
 Stalwart Appliances
 Bains

BEST CHILDREN'S CLOTHING
 Tiny Tree Hugger
 The Children's Place
 Once Upon A Child Winnipeg West
 Bird Toys Winnipeg
 West Coast Kids

BEST ELECTRONICS STORE
 Memory Express
 MZ Computer Systems
 CR Computers & More
 CDC Computers Winnipeg
 Corey's Computing

D'Ella Formal Childrens' Wear
 Carters

BEST COMPUTER STORE
 Memory Express
 MZ Computer Systems
 CR Computers & More
 CDC Computers Winnipeg
 Corey's Computing

BEST ELECTRONICS STORE
 The Source
 Best Buy
 Advance Electronics
 Visions Electronics Winnipeg
 Walmart

BEST FITNESS EQUIPMENT STORE
 White Lion Athletics
 Sport Chek
 Sport Chek Unicity
 Fitness Experience
 Krevco Lifestyles

BEST GARDENING CENTRE
 Sage Garden Herbs
 St. Mary's Nursery & Garden Centre Ltd.

Lacoste Garden Centre
 Jensen's Nursery & Garden Centre
 Good Turf Garden Centre
 Jardins St-Leon Gardens
 Ron Paul
 Shelmerdine Garden Center Ltd

BEST HOBBY STORE
 Eliminator Rc
 Gooch's
 Fusion Gaming
 Imagine Games & Hobbies
 Maxx Collectibles

BEST JEWELLERY STORE
 Appelts On Regent
 Heavy Metal Design
 Diamond Gallery
 W.K. Chan Jewellers

Birks Jewellers

BEST MEN'S CLOTHING STORE
 Moores Clothing For Men - Dakota
 Tip Top Winnipeg
 Tough Workwear - Winnipeg
 Hanford Drewitt
 Eph Apparel
 Vitorrio Rossi Clothiers
 Gregg's Men's Wear
 Harry Rosen Wpg

BEST PET SHOP
 Petland
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 Fish Gallery
 Pet Smart

BEST SPORTING GOODS STORE - NEW

Lifecycle Sports
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 Headingly Sport Shop
 Winnipeg Sport & Leisure
 Golftown - Winnipeg
 Pembina Source For Sports
 City Park Runners
 Royal Sports

BEST WOMEN'S CLOTHING STORE
 October Boutique
 Culture Confidential
 Delavaga Fashions Wpg
 The Wonderful World of Sheepskin
 Generation Green Online
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 Silver Lotus
 The Foxy Shoppe
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METRO WINNIPEG COMMUNITY CHOICE

Restaurant
Gus & Tony's

at the park

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www.greekrestaurantwinnipeg.com RESERVATIONS 204-414-5508

Thank You

Gus & Tony's has been nominated
top 10 Community Choice for

Best Ribs & Best BBQ



Thank You Winnipeg!

For nominating us in the "Best Adult Education College/University" community choice category!

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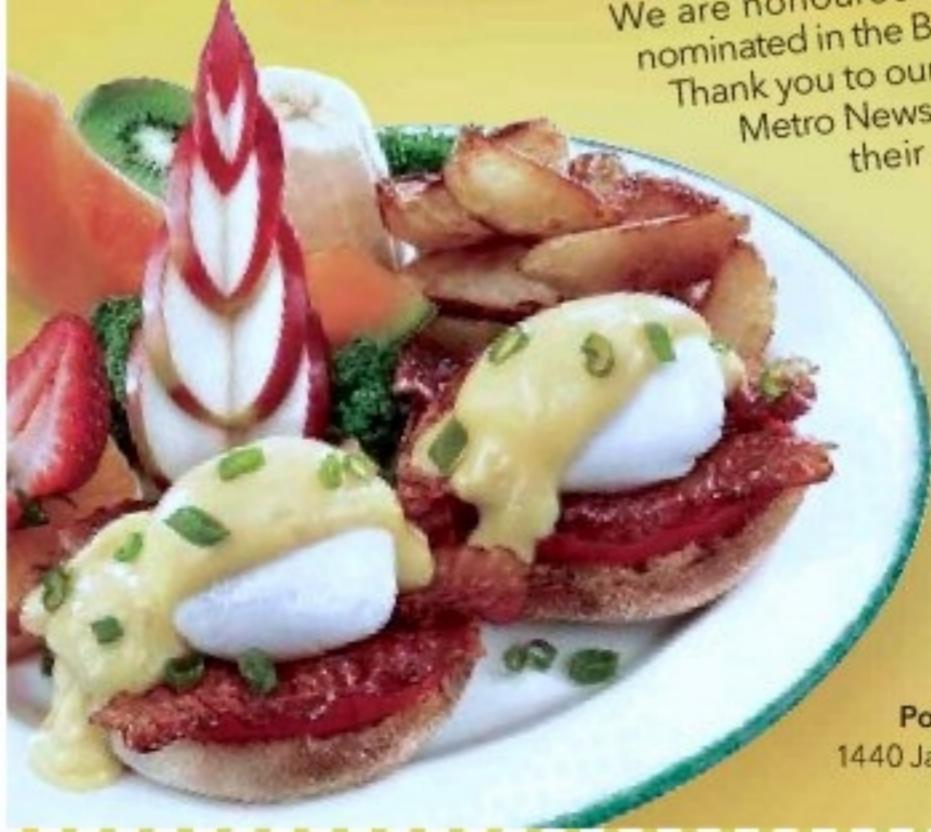
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**Thanks to you
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Thank you
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for nominating
Wellington College in
Best Adult Education
category!

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Wellington
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Winnipeg!



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THANK YOU!



The Keg Steakhouse + Bar would like to thank the Metro News readers for nominating us as one of the top 10 Steak Houses in Winnipeg. We take great pride in what we do and appreciate that our efforts have been recognized.

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

A sonnet that soothed the world

TONY AWARDS

**Love is love
is the line we
need to keep
repeating**

THE SHOW: The 70th Annual Tony Awards

THE MOMENT: The sonnet

The evening was already emotional. Host James Corden kicked it off by acknowledging the mass shooting that had occurred early that morning in a gay nightclub in Orlando: "Theatre is a place where every race, creed and sexuality is equal, embraced and loved," he said. Winners celebrated theatre's inclusiveness in their acceptance speeches.

Then Hamilton creator Lin-Manuel Miranda won for Best Score and read a sonnet he'd just written. "Senseless acts of tragedy remind us, that nothing here is promised. Not one day," he said.

Emotion increasing, he continued, "We live through times when hate and fear seem stronger . . . hope and love last longer."

Voice breaking, he hit his crescendo: "Love is love is love is love is love is love is love, cannot be killed or swept aside." With each "love," he pulled a lump higher into your throat. You could feel the room stop breathing.



If you haven't yet watched the speech of Hamilton creator Lin-Manuel Miranda, centre, you need to. GETTY IMAGES

If you missed this show — even if you don't give a toss about theatre — you should watch this speech. Forget the rhetoric that bombards us every time terrible events are perpetrated. Forget the silver ribbons that people will wear

for a while, then put aside. Miranda's last line is what we need to keep reiterating. (#Loveislove became an immediate hashtag.)

The show went on. People sang joyfully. Corden did a funny bit about how Law &

Order kept Broadway actors employed. Several winners spoke eloquently about the power of art to help explain tragedy and console after it occurs. But the sonnet was the peak.

The Tony Awards aired on

CBS and CTV, and you can see video from the event at ctv.ca

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

AT THE SHOW

Tony's a beacon of diversity

For all the talk about diversity and inclusiveness this season (absent at the Oscars, present at the Tonys), nothing could beat one powerful image: All four of the musical acting winners at the Tonys were black actors. "It's so diverse that Donald Trump has threatened to build a wall around this theatre," said host James Corden, pictured below. Daveed Diggs won the award for featured actor in a musical for Hamilton, Cynthia Erivo won for leading actress in a musical for The Color Purple, Leslie Odom, Jr., won leading actor in a musical for Hamilton, and Renee Elise Goldsberry, pictured top inset, won the award for featured actress in a musical for Hamilton.

THE ASSOCIATED PRESS



COMMENTARY

Parton reflects on Orlando

Dolly Parton took a moment to recognize the LGBT community on Monday in the wake of the mass shooting at an Orlando gay nightclub that left 49 people dead.

"That's horrible — it wouldn't matter what kind of club it was," the country legend told reporters at a news conference in Toronto, where she was promoting her upcoming North American tour.

"I'm not God, I'm no judge. I just know that God loves us all."

Parton noted she's had a long relationship with the LGBT community, and is flattered by the

number of drag queen impersonators who have paid tribute to her. "I'm a patron saint for a lot of them guys and it makes me feel good," she said.

"All those drag queens, sometimes I've seen some of them look like me more than I do."

Parton also recalled the time she secretly enrolled in a Dolly Parton drag look-alike contest in Los Angeles on a dare from her friends.

"Everybody should be comfortable in their world, whatever they do," she said of the bill.

"I kind of exaggerated myself,

pressed with the covert country singer's version of herself.

"I got the least applause of anybody," she said.

Parton also denounced the North Carolina bathroom bill that bans transgender people from using washrooms in federal buildings for the gender of which they identify.

"Everybody should be comfortable in their world, whatever they do," she said of the bill.

"I really do think we've got to make some better rules, we've got to take care of each other a little better." THE CANADIAN PRESS



'I'm not God, I'm no judge. I just know that God loves us all,' said Dolly Parton at a press conference in Toronto on Monday, where she was promoting her upcoming tour. GETTY IMAGES FILE

Mental health still carries stigma: Poll

ONLINE SURVEY

Many people afraid to seek help for issues, doctor says

New data shows 40 per cent of Canadians say they've experienced feelings of anxiety or depression — but haven't sought medical help.

The numbers come from a survey of more than 1,500 Canadian adults by Women's College Hospital and Shoppers Drug Mart.

The results offer a striking look at the level of stigma and shame still surrounding mental illness, with 42 per cent of respondents saying they would be embarrassed to admit if they did have a mental health issue.

"People, despite everything, see it as a sign of weakness," said Dr. Valerie Taylor, psychiatrist-in-chief, department of medicine at Women's College Hospital and a scientist at Women's College Research Institute.

Mental health has made headlines in recent years, thanks to the efforts of activists, companies and individuals pushing to end the stigma — from the Can-

ada-wide, conversation-starting campaign, to American actress Kristen Bell's recent TIME magazine essay, in which she opened up for the first time about her struggle with depression after not speaking about her mental health issues for the first 15 years of her career.

"There is such an extreme stigma about mental health issues, and I can't make heads or tails of why it exists," Bell wrote in her May essay. "Anxiety and depression are impervious to accolades or achievements. Anyone can be affected, despite their level of success or their place on the food chain."

The WCH and Shoppers Drug Mart survey was conducted on

of family member is important if they're struggling with a mental issue such as anxiety or depression.

Even so, more than one third of respondents said they wouldn't know how to support someone who needed help.

"I think if we could decrease some of the stigma, people would perhaps be better able to come forward earlier and we'd have (fewer) tragedies," Taylor said.

Ulla Jensen, a retired nurse in Port Hope, Ont., can relate to the tragedy of mental illness; her daughter Jeanine D'Antonio took her own life in April 2014 at the age of 44 after struggling with depression and anxiety.

Anxiety and depression are impervious to accolades or achievements. Anyone can be affected. Kristen Bell, in her TIME essay

line in May by Environics, a Toronto-based market research firm.

"It was very hard for us to deal with — her family, her husband, her 11-year-old child. I feel the system let her down and we all had some complicity in it," said Jensen. "We weren't able to recognize when she was really hurting." TORSTAR NEWS SERVICE



Actress Kristen Bell opened up about her struggle with depression in a TIME magazine essay in May. **A poll shows 40 per cent of Canadians who have felt anxious or depressed have not sought medical help.** GETTY IMAGES

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metro

A pose to help you fire on all cylinders

**YuMee
Chung**
Torstar News Service

The word Agni means fire in the language of yoga and agnitasambhasana is Fire Log Pose, an intense hip opener that requires some real patience to master. Let me show you how to refine and deepen Fire Log Pose with a combination of two isometric exercises we call Kindling Pose.

Kindling Pose

1. Begin in a seated position on the floor with legs outstretched and spine long.
2. Test out your Fire Log Pose by folding both knees and stacking right shin over left, with right ankle directly above left knee. Do your best to bring the shins parallel to the front border of your yoga mat and flex both ankles while keeping them from collapsing to their pinky toe sides. Look for an isosceles triangle defined by your inner legs. It is extremely common to have a



Kindling Pose at Black Creek Pioneer Village.
MARCUS OLENIUK/TORSTAR NEWS SERVICE

sizeable gap between right knee and left foot in Fire Log Pose, so not to worry.

3. To do the first part of Kindling Pose, interlace your fingers around the outer right knee and press the knee down strongly into the hands while pulling upwards and resisting the action with your arms. Stay for five breaths.
4. For part two of Kindling Pose, access the opposite movement by stacking your palms and pressing down onto the right knee while resisting upwards with the leg as if you intend to pivot your right shin up to a vertical position.

Count five breaths.
5. Finish by retesting Fire Log Pose on the right side. Notice any differences in the way your hips feel and observe whether you have made any gains in flexibility.

6. Repeat steps one through five on the other side.

Playing with Fire

If Fire Log Pose is painful for ankles, knees or hips, you can sit on the edge of a folded blanket and build the actions of Kindling Pose over a straight bottom leg by crossing the top ankle over the opposite knee.

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in the Subject Line. All submissions will be treated as confidential.

metro

Stop bellyaching about belly fat

HEALTH

Health pros get real about risk factors

If your spare tire is expanding, there may be cause for concern — but not because your pants don't fit. Here, health experts explain all about stomach fat.

What is abdominal obesity?

Dr. Fahad Razak, an internist at St. Michael's Hospital, says abdominal obesity is a disproportionate gain of fat within the abdomen, relative to other parts of the body. If a man's waist measures more than 102 centimetres, or a woman's measures more than 88 centimetres, then the patient is considered abdominally obese.

The fat tissue is actually two types of fat: subcutaneous fat, just below the skin; and visceral fat, stored in the abdomen and around the organs.

Who gets it?

Dr. Sonia Anand, professor of medicine and epidemiol-

ogy at McMaster, says men are more likely to be abdominally obese than women, said Anand. But once women are post-menopausal and losing estrogen, they may grow larger bellies, she said.

South Asian populations are prone to developing visceral fat, said Anand, whose research focuses on people of this demographic. And then there's body shape. Whether you have a pear shape — meaning you carry more weight in your hips — or apple shape — meaning you carry weight in your stomach — comes down to genetics.

What are the health risks?

If someone has an excess of stomach fat, they usually have an excess of visceral fat too, said Dr. Paul Poirier, a cardiologist and professor of pharmacy at Laval University. That fat around your heart, liver, kidneys and stomach, can lead to organ malfunction, he said.

The visceral fat also produces a molecule called adiponectin, which is proinflammatory and circulates around the

body, said Poirier. When someone has low-grade inflammation, they're more prone to coronary artery disease, gingivitis and other health issues, he said.

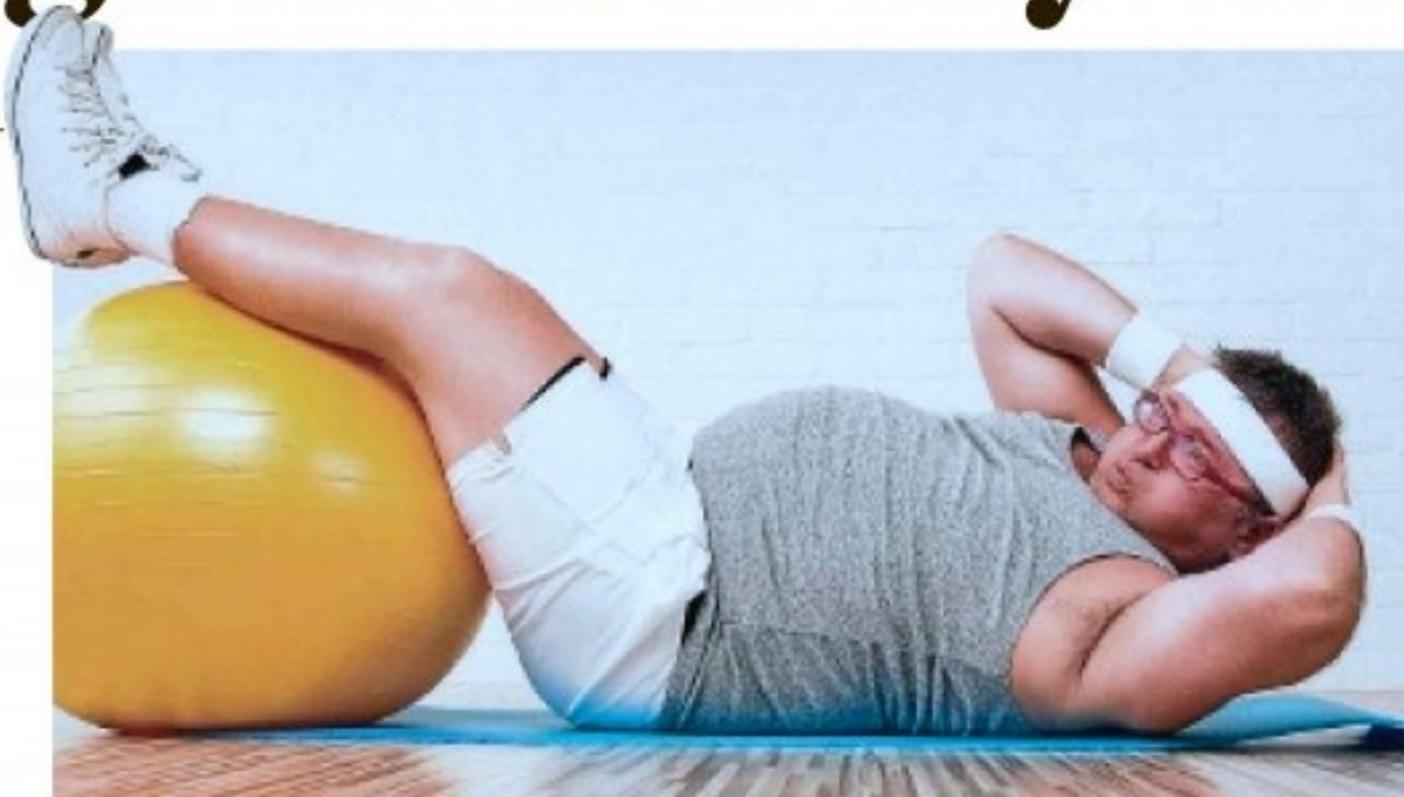
But the main health concerns are: diabetes, cholesterol abnormalities and heart disease, said Razak. Abdominal fat is more metabolically active and can affect a body's hormones and insulin control. Abdominal fat can also contribute to elevated levels of bad cholesterol and depressed levels of good cholesterol, he said.

What can you do about it?

Reduce calorie intake, increase fruit and vegetable intake, increase fibre intake, reduce intake of saturated and trans fats. Exercise.

Registered dietitian Abby Langer agrees: "I would tell people to clean up their diet," she said.

Bariatric surgery could help to shrink a patient's stomach and improve overall health, despite being an extreme step, said Razak.



TORSTAR NEWS SERVICE

MYTH BUSTING BELLY FAT

Myth 1: Drinking beer causes beer bellies

It's not the beer, but the calories, said Dr. Sonia Anand, McMaster University. But if you have a beer belly, you may want to cut back on the beer. People with abdominal obesity have a higher risk of

Myth 2: Spot reduction workouts shrink bellies

"There's no such thing as spot reduction," says Dr. Yoni Freedhoff, author of Why Diets Fail and How to Make Yours Work. If you work on losing weight, you will eventually lose body weight all over. Personal trainer Kathleen Trotter adds it's nutrition, that will help you achieve weight loss goals.



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June is ALS Awareness Month Walk for ALS — June 18

Why are we walking?

- Rekindle memories
- Inspire others
- There is hope in care and research
- Encourage people to donate
- Walk together with family and friends
- Get involved so we can help every way we can
- Help make ALS treatable not terminal

So lace up your runners and head to Assiniboine Park — walk if you can and have some fun, while

walking for a good cause.

Registration is open, go online, gather pledges, join a team. Participants can also sign up individually.

Hosted by Virgin Radio Personalities Beau and Heather, the walk will include lunch, prizes and more — come and join us. Share your story, your hopes and applaud the courage shown by those living with ALS and remember ALS does not define who they are.

See you at the Walk for ALS on June 18.

NBA star Blake Griffin has signed on as a five-night host for a mystery lineup from July 26-30 at the Just for Laughs Festival in Montreal

First dibs on the Cup

NHL

Crosby hands trophy off to player whose mother is ill

The decision of who gets to hoist the Stanley Cup in triumph after the team captain is sometimes an easy one, such as when a team has a veteran near the end of his career who hasn't won a championship before.

And sometimes it's a very special moment.

Sidney Crosby added another emotional chapter to the tradition of the Stanley Cup handoff by giving it to Trevor Daley in honour of his mother.

Daley had played 12 NHL seasons and missed the final nine playoff games this year with a broken ankle, but Crosby gave him the Cup first because his mother, Trudy, is battling cancer and she wanted to see this.

"He had been through some different playoffs, but getting hurt at the time he did, knowing how important it was, he had told me that he went and seen his mom in between series and stuff, she wasn't doing well, she wanted to see him with the Cup," Crosby said after the Pittsburgh Penguins beat the San Jose Sharks in Game 6 on Sunday night. "That was important to her. I think that kind of stuck with me after he told me that."

Much like Doug Weight of the Carolina Hurricanes struggling to lift the Cup with a bum



Sidney Crosby hands the Stanley Cup to Trevor Daley after the Penguins defeated the Sharks 3-1 on Sunday to win the series
4-2. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

4

With four Stanley Cup victories, the Penguins have as many as the New York Islanders, New York Rangers and Ottawa Senators (between 1919-20 and 1926-27).

was pretty cool."

Then it went to popular teammate Pascal Dupuis, who had to stop playing hockey several months ago because of blood clots. Crosby said it was special to have Dupuis around and that it meant a lot for the 37-year-old winger to raise the Cup again after they won it together in 2009. Back then, Crosby gave it to trade-deadline acquisition Bill

Guerin, who already had a ring.

What may have the most emotional Cup giveaway in recent history came after the Detroit Red Wings swept the Washington Capitals in 1998. Steve Yzerman gave it to Vladimir Konstantinov, who was in a wheelchair following a limousine accident the previous summer and never played again.

THE ASSOCIATED PRESS

NBA FINALS

Green keeps tabs from next door

Suspended Golden State Warriors star Draymond Green planned to watch Game 5 of the NBA Finals on Monday night in a baseball suite next door to Oracle Arena at the Oakland Coliseum, where the Athletics are playing the Texas Rangers.



Draymond Green
GETTY IMAGES

Monday morning before deciding on a plan.

Green was suspended by the NBA on Sunday for a fourth-quarter scuffle with Cleveland's LeBron James in Game 4, during which the league said Green "made unnecessary contact with a retaliatory swipe of his hand to the groin" of James.

THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Game 5 of the NBA Finals

NHL IN BRIEF

Blues name Yeo as Hitchcock's successor

The St. Louis Blues have hired Mike Yeo as the successor-in-waiting for head coach Ken Hitchcock, who has declared that next season will be his last behind the bench before retiring.

Blues general manager Doug Armstrong announced Monday that Yeo will be an associate coach for one year under Hitchcock and take over the team for the 2017-18 season. THE ASSOCIATED PRESS

HOCKEY

Saskatchewan pays tribute to Howe

There was a tribute in the Saskatchewan legislature Monday for the man known as Mr. Hockey.

Government house leader Ken Cheveldayoff told the assembly that Gordie Howe was known as a humble man, but when the puck dropped, he was a fierce competitor.

Cheveldayoff joked that hockey fans everywhere know what a Gordie Howe hat trick is — a goal, an assist and a fight in the same game.

FUNERAL

Howe's funeral will take place in Detroit on Wednesday.

Cheveldayoff also noted that Howe always made a point to talk to fans and sign autographs.

Howe, who was raised in Saskatchewan, died Friday at the age of 88. THE CANADIAN PRESS

GOLF

Henderson just getting started

The magnitude of Canada's most significant golf victory since Mike Weir won The Masters in 2003 was still sinking in Monday for Brooke Henderson.

Phone calls to her parents, responding to a stream of congratulatory text and Twitter messages — including one from Weir — and a road trip filled the hours after her first major win Sunday at the KPMG Women's PGA Championship.

The 18-year-old from Smiths Falls, Ont., birdied the first hole of a playoff to beat world No. 1 Lydia Ko of New Zealand at the Sahalee Country Club east of Seattle.



I know I have the whole country behind me cheering me on.

Brooke Henderson on competing in the Olympics

From three sand saves, to a 90-foot eagle putt on No. 11, to getting out of tree trouble for par on No. 18, Henderson was a study in resilience and shot versatility in a 6-under final round.

The victory propelled Henderson into the No. 2 spot behind Ko in the world rankings. It also pushed Henderson's season earnings to over \$1 million US.

With a lot more golf to play in 2016, including three more majors and the Olympic Games, the Canadian has set her sights on overtaking Ko.

"This is huge momentum for sure," Henderson told reporters Monday morning from Portland, Ore., on a conference call.

"Definitely a huge confidence booster. To get that world ranking up to No. 2 is kind of surreal, kind of unbelievable, but I still have one more spot to go."

THE CANADIAN PRESS



Brooke Henderson GETTY IMAGES

Undercover contenders

EURO 2016
GROUP STAGE

Italians flip script on pre-tourney expectations

Italy opened its campaign with an impressive victory over Belgium, while defending champion Spain beat the Czech Republic on a good day for the traditional powerhouses.

Ridiculed by their own media as one of the country's worst tournament teams ever, the Italians responded with a huge 2-0 win that sent the Azzurri to the top of Group E after Sweden and Ireland drew 1-1 earlier.

Also Monday, Spain needed a late goal from Gerard Pique to beat a particularly stubborn Czech Republic 1-0.

Tight defending and two well-taken goals were the keys to Italy overcoming a Belgium lineup tipped by some to win it all.

GROUPE In Lyon



While the likes of Eden Hazard and Kevin De Bruyne failed to deliver, Emanuele Giaccherini and Graziano Pelle made a mockery of Italy's underdog status.

Giaccherini pounced on a stunning 40-metre pass over the Belgium defence by Leonardo Bonucci to score in the 32nd minute and Pelle rounded off a breakaway with an unstoppable volley from inside the area in stoppage time.

"The critics were all against us," said Italy coach Antonio Conte. "But this is the beauty of football. You get the chance to prove people wrong, if you have the determination and will to work like we have."



Emanuele Giaccherini scores Italy's first goal of the Euros against Belgium's Thibaut Courtois on Monday at Stade des Lumieres. MICHAEL STEELE/REMOTE/GETTY IMAGES

In Toulouse, Spain's patience finally paid off in the 87th minute, when Andres Iniesta found space on the left side of the area to chip over a perfect cross for Pique to head home.

It was no less than Vicente Del Bosque's team deserved.

"We took the initiative during the entire match. We dominated," the Spain coach said. "Iniesta made a perfect pass

and Pique was phenomenal."

Sweden's game at Saint-Denis was a great deal more balanced, with Ireland well worth its 48th-minute lead when Wes Hoolahan swept in Seamus Coleman's cross with a sweetly-struck half volley.

"It's up there with the best goals I've scored," said Hoolahan, known as "Wessi" among fans of Norwich — a play on

Lionel Messi's name in an homage to 34-year-old Irishman's trickery.

As ever, though, the talismanic Ibrahimovic came to Sweden's rescue.

His dangerous ball across the face of the goal was met with a stooping header by luckless Ireland defender Ciaran Clark into his own net.

THE ASSOCIATED PRESS

+ FAN VIOLENCE

The head of English football says he has "serious concerns" about the security arrangements for England's match against Wales on Thursday in Lens.

The match will be played in the northern city which is only 30 kilometres from Lille, where Russia will take on Slovakia the day before.

There were clashes between England and Russia fans in Marseille last week, and UEFA has threatened the teams with potential expulsion if there are more.



Be safe, be sensible and continue with your great support for the players.

Wayne Rooney



NFL

Gronk, Lewis back doing 'football stuff'

The Spring of Gronk has officially begun. So, too, have the first meaningful steps on the road back for Patriots running back Dion Lewis.

Lewis, who is recovering from November surgery to repair a torn left ACL, made his first on-field appearance of New England's off-season program Monday — the final day that this portion of organized team activities are open to the media.

He said getting to do actual drills was a welcome change from the strict protocols that trainers and doctors have had

him under since his injury.

"It feels good to do football stuff. It's been awhile. A little rusty. Just trying to be myself again," Lewis said.

Tight end Rob Gronkowski was also on the field for the first time after being absent from the on-field portion of last week's mandatory minicamp.

On Monday, quarterback Tom Brady's favourite target sported

a shaved head and the same cheery disposition that has made him a fan favourite.

Gronkowski said he was excited to be back and



echoed the characterization that coach Bill Belichick made last week when asked why Gronk and several Patriots were missing from the workouts.

"I was just doing other things, as coach said last week, so everything's good," Gronkowski said. "We were just working on other things so everything's all smooth. Everything's good."

THE ASSOCIATED PRESS

Rob Gronkowski in Foxborough, Mass.

THE ASSOCIATED PRESS

IN BRIEF

Seahawks give former NBA guard Nate Robinson a look
The Seattle Seahawks have given former NBA standout and one-time college football player Nate Robinson a tryout.

The Seahawks confirmed that Robinson went through a tryout on Monday. Robinson had indicated in video posted to YouTube earlier this spring a desire to play football again. He was a standout defensive back at the University of Washington as a freshman in 2002. THE ASSOCIATED PRESS

Eskimos lose DB Ojo for 2016
Edmonton Eskimos defensive back John Ojo ruptured his right Achilles tendon during practice Monday and is out for the season.

Ojo led the Eskimos in interceptions last season with five, including one for a touchdown, in his rookie year.

He had four tackles in the West Division final versus the Calgary Stampeders, and recorded a tackle and a special teams tackle in Edmonton's Grey Cup victory over the Ottawa Redblacks.

THE CANADIAN PRESS

Psychologist says Pistorius a 'broken man'

Oscar Pistorius is a "broken man" whose mental state has deteriorated and he should be hospitalized and not jailed, a clinical psychologist testified for his defence Monday to start the ex-track star's sentencing hearing in the murder of his girlfriend Reeva Steenkamp. Prosecutors challenged that, pointing out that Pistorius had recently given a TV interview, and yet claimed to be unable to testify in court.

THE ASSOCIATED PRESS

Hearn added to Canadian sevens for Olympic qualifier

Canadian sevens coach Liam Middleton has added veteran Ciaran Hearn to his 12-man squad for this weekend's Olympic repechage tournament in Monaco.

The 16-country event at Stade Louis II represents the Canadian men's last chance to join Canada's women in Rio as rugby sevens makes its Olympic debut.

Hearn is no stranger to sevens but has been playing 15s of late with London Irish.

THE ASSOCIATED PRESS

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RECIPE Char Siu Pork



PHOTO: MAYA VISANI

Ceri Marsh & Laura Keogh
For Metro Canada

This recipe makes it so easy to make sweet and sticky barbecued pork at home. Marinating your pork loin overnight isn't necessary, although it will give you an amazing depth of flavour.

Ready in
Prep time: 1 hour 15 minutes
Cook time: 20 minutes

Ingredients

- 1 1/2 Tbsps honey
- 1 1/2 Tbsps hoisin sauce
- 1 1/2 Tbsps soy sauce
- 1 Tbsp Chinese wine (dry sherry can be substituted)
- 1 tsp white pepper
- 1/2 tsp five-spice powder
- 1/2 tsp sesame oil
- 1kg/2 1/2 lbs pork tenderloin
- 3 cloves garlic, finely chopped
- 1 1/2 Tbsps vegetable oil

Directions

1. In a small saucepan, add honey, hoisin, soy sauce, Chinese wine, pepper, five-spice and sesame oil. Whisk the ingredients together over medium heat. Cook until it thickens and becomes sticky. Let the sauce cool completely.
2. Add the sauce, vegetable oil, and chopped garlic to the pork and marinate it the fridge for an hour and up to overnight.
3. To cook, barbecue for about 6 to 8 minutes on each side, or place on the highest rack of the oven set on broiler for 6 to 8 minutes on each side.
4. Let the meat rest for 15 minutes or so before slicing. Serve over rice and sautéed greens.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Does this for Joy!
6. From way out
10. Account
13. Singer/actor Chris
14. Draped dress
15. Organized crime boss
16. Clemency
17. Ukraine city
18. Director Mr. Preminger
19. Improviser
21. Slowly advanced
23. Circulate
24. News story insiders
25. Mastermind
28. Mrs. von Trapp
29. 1973: "I Got a Name" by Jim _
30. Cottage extension perhaps overlooking a lake: 2 wds.
34. _ Piper
35. Rake over the _
36. Heraldic border
37. Manitoba community 15 minutes from North Dakota
39. Rock drill
40. Percussion instruments
41. Canada's big Bay
42. Vaudeville performer, for example
45. Hillary's hubby
46. Traversed the rivers like a Voyageur
47. Renegade
51. As well
52. Slightly open
54. Bovid bag
55. Oliver of "Oliver!" (1968)
56. Tirade
57. White wine of Italy
58. Founded [abbr.]
59. "Kisses, dahling!"
60. Comfortable

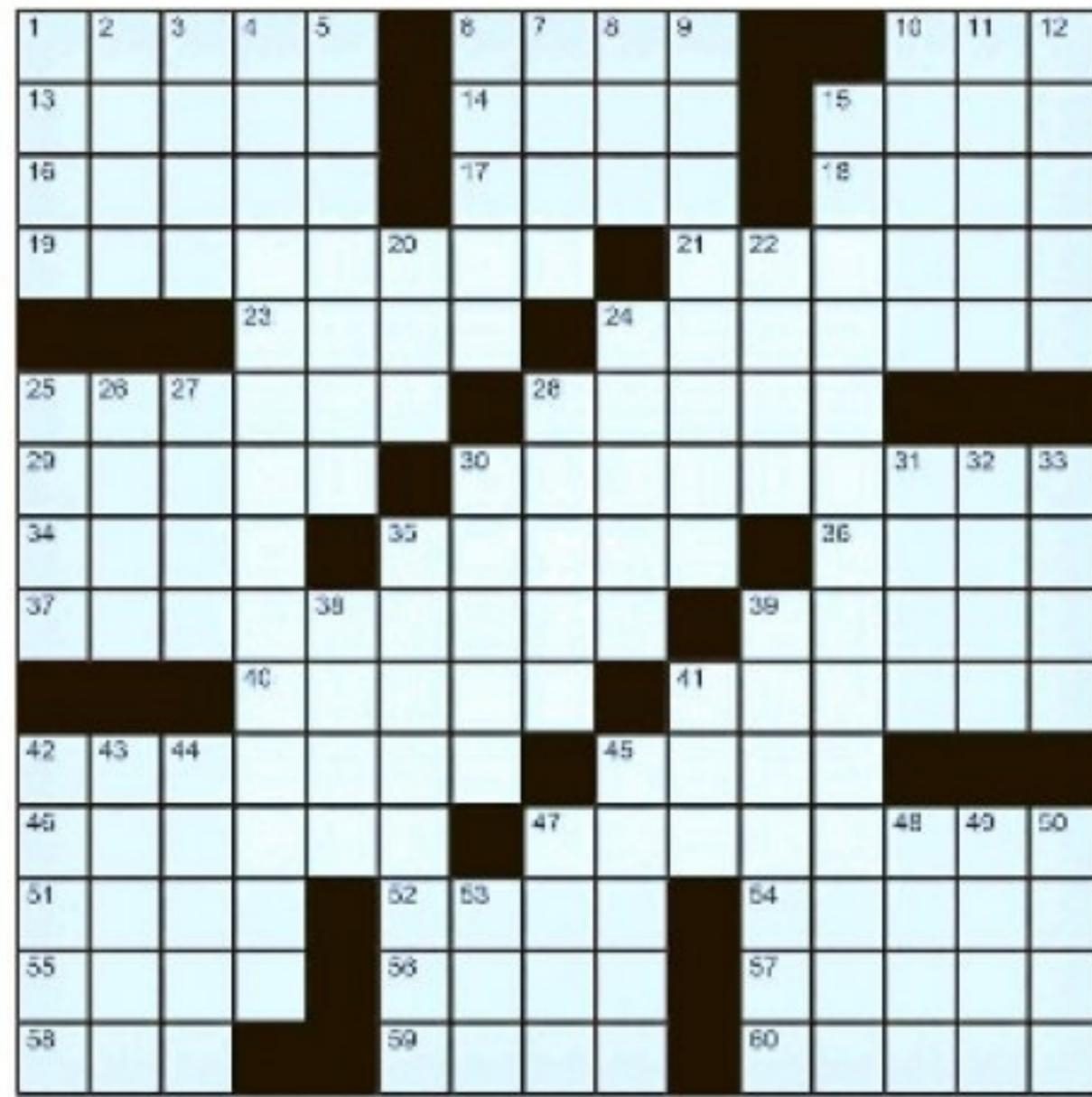
DOWN

1. "Letters from Iwo _" (2006)
2. Put-upon
3. Crumbly soil

4. The white blossoms of this tree are the floral emblem of British Columbia: 2 wds.
5. Azure: 2 wds.
6. Awry
7. Reasonable
8. "We _ Family" by Sister Sledge
9. Cote d'Azur,

10. Workshop machine
11. Choice-selecting person
12. Commodities
15. Farm's morning alarm clock sound!
20. Derek and Bice
22. 'Short Shorts'

13. retro TV commercials product
24. Minestrone-serving utensil
25. Force in Batman comics, commonly
26. Buffalo's lake
27. Liam's rock-star brother
28. Financial re-



*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an exciting day! Expect to see new places and meet new faces. Unusual news might interest you as well. Stay on your toes!

Taurus April 21 - May 21
You might see new ways to earn money today. Yay! However, something unexpected with your finances could occur, so keep your eyes open. You might find money; you might lose money.

Gemini May 22 - June 21
For some reason, you have a greater freedom today than you usually do. New experiences will give you more insight into the world around you.

Cancer June 22 - July 23
Some kind of revelation or epiphany might happen today. It might be just a profound thought that occurs, or something might happen to you to trigger this observation.

Leo July 24 - Aug. 23
You might make a new friend today; if you do, this person will be unusual or different in some way. Alternatively, a friend you already know might do something that surprises you.

Virgo Aug. 24 - Sept. 23
In your interactions with bosses, parents and VIPs, something will happen that gives you greater freedom. You feel liberated. "I'm calling my own shots!"

Libra Sept. 24 - Oct. 23
Sudden opportunities to travel might drop in your lap today. However, planned travel itineraries might change. This is an exciting day with unusual opportunities.

Scorpio Oct. 24 - Nov. 22
A gift, goodie or perhaps a favor from a friend will help you today. Whatever happens, act quickly, because this window of opportunity will be brief.

Sagittarius Nov. 23 - Dec. 21
If your relationship with a friend or partner has fallen into a rut, today will shake it up a bit. Fortunately, it will shake it up in a good way. Point your finger in the air and sing, Staying Alive!

Capricorn Dec. 22 - Jan. 20
Expect a few surprises at work today. You suddenly might see a new and better way of doing things. Possibly, the introduction of new high-tech equipment will catch you off-guard.

Aquarius Jan. 21 - Feb. 19
Love at first sight might happen for some of you today. Accept spontaneous invitations to parties. However, parents should be vigilant about their kids today.

Pisces Feb. 20 - March 20
Stock the fridge, because you might unexpectedly entertain at home today. Something surprising or unusual will occur within the family.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

5	1		2		3		6	2
		1		4				
	7		8		3			
9	3				5	4		
	4		7		6			
		3		9				
3	4		6			1	8	
		5						

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2	3	6	1	4	7	8	5	9
9	4	5	3	2	8	1	7	6
7	8	1	5	9	6	2	4	3
1	9	3	6	8	4	5	2	7
6	5	4	7	3	2	9	8	1
8	2	7	9	5	1	3	6	4
3	6	8	2	7	9	4	1	5
5	1	2	4	6	3	7	9	8
4	7	9	8	1	5	6	3	2



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